When baby frets

and you can't get your up for retter the pritter of you the - set to you a salar a great "pick-me-up" - setunim were a new til

RED ROSE TEA is good tea . I MA GUALITIES -- HED LABEL & ORANGE PEKDE



velanin. It is a natural dye which pro-

tects us in case of an overdose of the

sun's rays. If it were not for this, we would die when expased to the sun.

Making Jelly

To make good jelly, fruits must con-

juice of lemons, grapes, crabapples,

To test the amount of pectin in fruit

juice, put a teaspoonful of it in a tea-

The Laundry as Bathrooms

A mother who was annoyed by hav

ing her boys storm into the house and

up to the bath tub to get washed con-

ceived the idea of using the laundry

tubs as bath tubs. They are the right

Here they do not noticeably splash

Fighting Ants

To be rid of ants, which are a great

pest, find their nests if possible and

If you wish to leave a dish of ber

in which is water, to make a moat

Paper Plates

For the porch party or picnic, use

which the creatures cannot cross.

soiled fingers on the walls.

cherries and gooseberries.

"But oh, to take your hand, my dear, And wander for a day. In a friendly western woodland,

Where Nature has her way!"

Brunettes have more of it than the blondes. This is why a blonde will In this auto age, we are in danger of sunburn more easily than her brunette forgetting the joys of hiking: We sister, pound along on cement roads with our. To protect yourself from sunburn eye ever alert to keep on our own half spread a cold cream over the exposed of the highway, and if occasionally we area before you go out in the sun. Afdo glimpse a charming view, it doesn't ter the exposure, apply more cream begin to sink itno our consciousness and then wash it off. us it would if we were afoot and seeing it leisurely and in detail.

Shadiy groves, with rocks and wild flowers and birds and earthly odors, howers and birds and carring out to be known. If they are too distant to pears, quinces and sweet apples contain old to the fact that to them combine them and hike through them. Why acid. To make Jelly of them, combine deny oursolves one of the sweetest them with some tart fruit, such as the Hoy cof living?

To enjoy a hike to the full, donloose, "comfortable and old clothes, wooden hose, and low-heeled, rubbersoled walking shoes of generous proportions, and carry a sandwich in your packet and poetry in your heart.

To Keep Cool

Mark twain said, "People are always these is not to mention how hot it is and to keep our minds happily occupied with other interesting things, Another is to discard all clothing that evency will allow If you are a smoker (and many wo

men are that to day, more's the pity) cut that out. If you are overweight, count your calories and reduce your height for her to help the small boys weight. At all events, cat less meat with their baths without stopping, and and more cooling fruits and Vege- being in the basement, the children do. tables. Cut out pastries and hearty not track muddily upstairs, potting pocially avoid fats and oils. Do not dressing. Try to eat your fruits and syncholics with no sugar or salad dressing on them. Season the salads dressing on them. Season the salads ve too much olive oil in your salad with a little vinegar or lemon juice, or warm for winter bathing by the furcat them "as is." If you short change nace and is just the place to deposit yourself on the amount of your diet, muddy shoes and soiled garments. If Twen unseasoned vegetables will have you have a brood of small children, try Have turned to dreams his youth saw you will enjoy. If you get hungry bewen meals, take some fruit, a glass water or milk, or as one of my friends does- how a celery stalk. Take a cold bath as many times a was you can chink it in. Keep in freat them with carbon bisulphide. the strile avoid vigorous labor (pleas- benzine, gasoline or kerosene. If you un advice!). If it is so hot in your cannot find the nest, flud the opening shoom that you cannot sleep, wring through which they enter the house towel out of cold water, sliake it and pour some kerosene into it or plug thank the room until you have partly up the opening with cotton saturated moled the air and partly dried the with kerosene. Keep fats and sugar and then lay it over yourself for a in covered dishes, inaccessible to ants.

Deick a cap of cold water every ries, for example, exposed to the air, dogs live together in peace and harmon the day. Such is not the case, accordance in the day. Sunburn

hir of the day.

A is not as fashionable to be tanned As it was a year ago or two years ago which mikaly was aping her brother's manders. The new feminity demands. a fair and levely skin so we are paying more attention to protecting it when give these a festive touch, cut out pic-we are exposed to the sun's rays. The tures from the corner of paper nap-prairie dog dens primarily to catch broad briunned beach hats and the kins and paste one on the inside of and eat young prairie dogs. They been pajamas and beact conts are each plate. This will particularly frequently remain in the holes with for the purpose. The please the children and make the cheap paper plate look like something please the children and make the young prairie dogs, after which the dintermenth, the skin, called more choice.

> Reduce the Acid

Sick stomachs, sour stomachs and Take a spoonful in water and your in diameter, with walls a quarter of indigestion usually mean excess acid. unhappy condition will probably end an inch thick. They would carry The stomach norves are over-stimular in five minutes. Then you will always provisions for ninety days, they said lated. Too much acid makes the stom-know what to do. Crude and harmful

form is Phillips' Milk of Magnesia, be- save a great many disagreeable hours. cause one hargiless, tasteless dose neu- Be sure to get the genuine Phillips' tralizes many times its volume in acid. Milk of Magnesia prescribed by physi-, Council in 1910, has turned out about Since its invention, 50 years ago, it clans for 50 years in corecting excess, 3,000 fully trained men since that date. has remained the standard with physicacids. Statis bottle contains full directions—any drugstore.

ach and intestines sour.

Alkali kills acid instantly. The best prove this for your own sake. It may

Sweet Potatoes Utilized In Making Cloth and Paper

be made into the textile starch.

There may develop also sweet pota

may be modified so as better to adapt

New York.—Clothes containing a starch is imported. The American dash of the American sweet potato are next on the list of prospective won-

New United States bureau of standards researches, which aim to put! sweet potatoes and other southern ag to Christmas cards and sweet potato correspondence notes, for starch is ry, and boost the southern pine as a used in the finishing process of these try, and boost the southern pine as a source of paper, were announced by and many other grades of paper.

Theodore Swann of Rirmingham Ala "This investigation," says a prosice-chairman of the Alabama Indus- pectus of the bureau, of standards, rial Development Board.

The bureau begins work next month on both projects, co-operating with Alabama Polytechnic Institute for textiles and the University of Alabama perties required in a starch for each

Starch is to be the sweet potato con-Starch is to be the sweet potato con-iribution to what the well-dressed man will wear. Known principally in col-given purposes, and if specific starches ars as something that melts, starch also is a chemical with many other them for particular uses." qualities, from food and glue-like ad- Concerning the paper-making plans hesive to explosives and artificial silks, and it is particularly indispensistudy of the chemical reactions inable in weaving. volved in the sulphate pulping process

It serves first as a protective coat- is being initiated. This process is g, called sizing, which guards used for the production of the southernthreads from wearing or losing their kraft papers which has attained huge nap as they rub in the weaving pro- proportions in recent years. More decess. In some goods the starch is re-finite information on the complicated moved after weaving by using chemi- chemical reactions of this process is cals. But it also may be retained in sought to extend its field of unefulthe finished products to enrich color, ness. At present each ton of paper mhance sheen, make threads full- produced is accompanied by the loss odied by filling in the microscopal nicks and hollows or produce a tex- 88 pounds of sulphur. 000 pounds of starch annually, mainly Graves of Alabama, chairman of the made from Irish potatoes, wheat and Alabama Industrial Development

self in This Condition.

Sail

And he had never dared to go away.

And at a window facing prairie lands

Each day he sits there, till the light

This belief arose from the fact that

rattlesnakes and burrowing owls are

often found in the dens of prairie

dogs. The relationship, however, is

not so peaceful as many suppose. In

snakes prowl while their meal is be-

ing digested. It is common to see rattlesnakes sunning themselves at he entrances of prairie dog burrows.

The prairie owls not only feed upon young prairie dogs but also use deserted burrows for building their rests

A Bouncing Trip

New York,-"Come, bounce with

me across the sea in a great big rub-

ber ball," may yet become the plear

of ocean-minded romancers if the plan of Carl Herzog and Pritz Vogel, two German mechanics, should ma-

terialize. They have written to rub-

ber companies offering to bounce across the sea if any of the companies

will construct a balloon fifteen feet

Chefs in the Making
The school for training boys as
chefs for high-class hotel work, which

was started by the London County

Have Minard's Liniment on your shelf.

and rearing their young.

shining by .

Do Prairie Dogs Live

ants, set the dish inside a larger dish ing to the best informed naturalists

For the porch party or picnic, use naper plates to save dishwashing. To are fond, of small mammals as an

the sky. .

The sort of thing that specialists

People "All Nerves" Modern Fish Tales What to Do if You Find Your-

call nervous debility is the run-down of prize, monster of 1930. It is creditcondition caused by over-work and ed with having uncoiled it huge, elasthousehold worries. The sufferers find tic form to the destruction of a sail-

pitiable.

Doctoring the nerves with sedatives same spot, devoured its occupants is a terrible mistake. The only real and, as legend holds, transported them nerve tonic is a supply of good red by an underground river to the Pacital Conference of the British dirigible said that it was "absolutely first class, I that it was "absol blood. Therefore the treatment for nervousness and run-down health is Dr. never fail to gain an ear.

spoon of wich hazel. If the mixture forms a gelatinous mass, it contains build up and enrich the blood. The ing away the tales seamen long nave sufficient poetin. If only half of it be- revived appetite, the strengthened told of gigantic snakes rising like comes jelly like, it is deficient in pec nerves, improved spirits and new mast in mid-ocean, molesting vessels tin. Add some of the commercial pec-strength which come after a course of and snapping sailors off their decks; Mark twain said. People are always tin, or orange peeings or may negative these pills from any reported the sight of such creatures ever does apprihing about it." There You can save sugar in making jelly imedicine dealer or by mail at 50 cents to leave in uncertainty the matter of supposedly. tin, or orange peeling, or mix its with these pills will delight every sufferer. but enough creditable persons have

The Little Ships that Never At work on inland farms he must have the vicinity of Cape Ann. And fifty one is beyond aid before the mother restless youth, of sailing ships that With lifted prows where still the won- battle to the death between a ser- ish them. No other medicine is of among the many thunderstorms

told in 1906 of a most mysterious sea Brockville, Ont. But land had held him and the harvest monster seen of the coast of Brazil. Its great fin was sighted first, then arose a great head and neck to a height of seven or eight feet, both being about as thick as a man's body and the head haying a turtle-like appearance. Then suddenly the monster disappeared, never to be seen again. He sees the cloud-ships billowed down

Mighty Matters .

Life is made up of little things, and he that scorns them despises his own To build his little ships that never sail, real interest. There is an old and -Glenn Ward Dresbach. true saying; "Take care of the minutes and the hours will take care of themselves.". This may be rendered, take With Rattlesnakes? care of the little things, and the more mighty matters will be likely to be well done.-J. W. Barker

widely believed that rattle snakes, burrowing owls and prairie For Blisters - Minard's Liniment.

Comfort in Airship Travel Described Predicts Next British Dirigible

Will be Much Larger

other economic opportunity if it can Airship travel was described as the most comfortable means of "getting about" yet devised by Wing Commander R. B. B. Colmore, of the R-100 speaking at a luncheon of the Canadian Club.

With the conclusion of the schediled trip to India at the end of next month, or the following month, the period of experimental trial of air-"wil have to do principally with the ships will be definitely over, Com-mander Colmore stated. The first starches found in the crops grown in the South. It is proposed to make a study of the uses of starch in the flight has been eminently satisfactory and the ship behaved quite up to exmanufacture of textiles and the proectations. Larger Ships .

Larger ships will be required for future operations. The speaker pre dicted that the next British airship to be built would be of 7,500,000 cubic foot capacity, whoseas the R-100 has a capacity of approximately 5,000,000 cubic feet. The added capacity the prospectus says: 'A fundamental would enable more, fuel to be carried.

The R-100 has not sufficient lifting power to carry enough fuel to keep it t full cruising speed. The next ship will likely be designed to do 80 miles an hour, with a normal cruising range of 75 miles an hour.

Such a ship would be commercially able to maintain Imperial airship service, Commander Colmore thought That such a service was possible, the speaker held no doubt, whatever. The of 350 pounds of sodium sulphate or are more agreeable to the touch.

Both research projects were unueraged as a much agree and the request of Gov. Bibb carrying capacity. The sleeping quarters would be more extended proposed airship would not only be than those of the R-100, and other facilities would also be correspondngly increased

Little Discomfort Rival Old Legends Speaking of the confort of airsnip travel. Commander Colmore stated that this means of getting about was From the choppy waters of Wil-liams Lake, British Columbia, the ogopogo rises to lay claims to the title ogopogo rises to lay claims to the title from 10 to 15 minutes when passengers might have experienced discom

household worries. The sufferers find themselves tired, low-spirited and unable to keep their mind on anything. Any sudden noise startles and sets the heart palpitating violently. They can not sleep well at might; their hands tremble and legs seem unable to support them. Such a condition is indeed pitiable.

The ogopogo is one of those anthals unknown to science, but cherish led by popular imagination, at least locally. Was it not the dread ogopogo through quickly. It took only some few minutes to get through the storm area when the fit look was damaged while nearing Quebritable.

Doctoring the nerves with sedatives

believe it is the most up-to-date and finest mooring tower in the world,"

Guard Baby's Health in the Summer

The summer months are the most A little more than 100 years ago dangerous to children. The complaints the fisherfoik, of Gloucester were of that season which are cholera in-agog over reports of the doings of a fantum, colic, darrhoea and dysentery, sea serpent said to be lingering in come on so quickly that often a little years ago a British sea captain of realizes he is ill. The mother must be t high reputation brought home from on her guard to prevent these troubles, Zanzibar a dramatic account of a sea or if they do come on surdenly to bander gleamed pent of gigantic proportions and a such aid to mothers during hot weather ould not name.

Only four years ago a sea or as Baby's Own Tablets. They record not name.

In him was some old trace of blood three were said to have been seen are absolutely safe. Sold by medicine that know of the Atlantic coast.

Of the Atlantic coast. off the Atlantic coast.

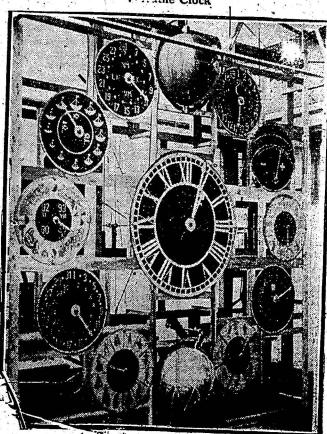
The British Zoological Society was from The Dr. Williams' Medicine Co.,



nolehills." "Yes. He is the writer of adverdirculars tising. for a picturesque summer resort.

"Thore are no fundamentally boys."-"Uncle Dan", Beard,

Varatile Clock



.This marvellous clock was unveiled in old tower of Cornelius, Lierre, Belgium, recently. Besides indicating Greenwhich time, it gives signs of

25 YEARS AGQ... ... when the spell-binding Barker inspired people to part cheerfully with their small change, Wilson's Bachelor cigars were steadily

"ALL FOR THE SMALL SUM OF TEN CENTS!"

winning popular favour on merit alone . . and, today, there are more small coins being cheerfully exchanged for Wilson's Bachelors-100% Havana filler-than for any other ten cent cigar in Canada.



money

Still most for the

Lightning Sinuous Does Not Zig-Zag

There is no such thing as zig-zaz lightning, declares Charles Fitzhugh started a campaign for a com Talman in his feature. Why the change in France's naval policy. Weather (Washington).

Only within the last four or five lars on cruisers which could be crush-years, he says, has the motion-picture ed in a minute by the nort modernudustry discovered the fact that ly designed cruisers of other nations, rather than the exception on the ernment to take stock of its backcreen, just as it was once universal wardness and abandon its old proin the drawings and paintings of gram for faster, heavier ships equip-

nature. He goes on:

a landscape painter. "At a meeting of the British Associ- knots. ation for the Advancement of Science, such the artists invariably adopt a conventional form, namely, that of a zigzag combination of straight lines. Nasmyth believed the error of the artists originated in the form given to the thunderbolt in the hand of -Zeus as sculptured by the ancient

Some decades after these remarks were uttered the :photography of lightning began to be common, and the photographs all showed that he was right in believing that lightning is never truly zigzag. Its path generally includes many sinuous curves, and it often branches, but a sharp angle is very rarely seen in a photofect of perspective."

Things Said Men and women are not cogs. Mr.

ngus Watson. There is too much desire to amuse veryone.—Sir Arthur Balfour. There are already lifty thousand books about the war.—Mr. H. Foster. Too many are content to begin life on a dole and end it on a pension.-

Mr.W. Strachan.
The man who works in a coalmine today is the bravest man in the world.—A Sheffield coroner. I see no reason why a station should not be as beautiful as a Na-

ional Gallery.-Sir Herbert Walker. The ideas in the schools of 1939 are the ingredients of the world situation of 1940.-Bishop of Winchester. "I am all right; I have hal my day; That child's day is to come."—A Livrpool woman killed in saying a child

Nighting to Happy

In New Zealand Bird lovers all over the world will e glad to know that the experiment of introducing nightingales into New Zealand has proved successful. Three years ago, four of these birds

were taken from England, and liberated in the native bush near Auckland. A stream and the undergrowth made t seem like home to the birds, and they evidently settled down. The next summer, the nightingales were heard a few miles away. Then last October (the New Zealand spring time) Speople outside Auckland heard

an unfamiliar bird song, which continued for about an hour. It was the nightingale singing.

It is not known what the birds do in winter. Their migratory instinct should turn them to the north, but as snow and frosts are very rare in Auckland, they may possibly not migrate at all.

Minard's Liniment for Neuralgia.

France Will Build Fast New Cruisers

Paris-French Nationalists started a campaign for a complete France is Spending millions of dol-

lightning, however much it may twist and especially termany, they say, and meander in its path across the During the Franco-Italian naval holisky, never turns sharp angles. Zig. day, which is to last until the first zag lightning was formerly the rule of next year, Nationalists ask the gov. great artists, but it is unknown in ped with more powerful cannon.

1. The critics declare it would be bet The first person to call attention ter for France to scrip her present to the mistake of teh artists in this naval construction plun and substruction matter was the Scottish engineer fute the construction of tive crusers James Nasmyth, who was the son of of 15,000 tons, carrying 305 caliber Iguns, and a speed of twenty nine

These five ships would, they asker! insure the protection, of France's

Often Lonely The latest Shaw joke concerns : meeting in Hampstead, at which a nervous and forbidding clergyman rose in response to the usual query.

'Any questions?" "Are you a Christian?" he asked G. B. S. rose and smiling blandly replied: "Yes, but I often feel very lonely!"

Minard's Liniment removes Warts.

There were only ten cases of mur der of persons over one year old in London last year; during the past graph, and it is then doubtless an ef. twenty years the annual average has been twenty-two.

Applicant-"Can | get Clancoy's job? He's drowning in this lake." Employ-er—"You're too late. The man who pushed him in has got it."



Tor ANY CHILD

WE can never be sure just what makes a child restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as your child has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and, quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea—a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will fallow very promptly; if it doesn't, you should call a physician.

Hetchers CASTORIA



idividually

toil wrapped

and in pocket

packs of five

SEA SLED POR SALC. 16, with new 22 if P. Earl alf in perfect genetician dutely safe splendel ash

SITUATIONS VACANT MISTMAN MONEY ENSIL

stmale Greating Canter Son

link's that There's my decided.

's taking op tag tag. c her always key on down n Old Remedy .

an never loses from Manney, iniment has been in to

sirs. A superior of 1.5 ALIAN APIDALON



With The Pin

he Honey Fly Catcher You Must Do Your Bit in the war against the fly, carrier of germs and breeder of disease

It is proven that AEROXON is one of the most convenient and most efficient means of combating this ily exd. It is convenient, because of the pushpin. It is higgene-flies never get away when once caught. Each spiral gives three weeks perfect service.

A BEWARL OF IMPLATIONS dut drug, grocery and hardware ste Cie C. O. Genest & fils. Lur

MEDICINES

Praises Vegetable Compound, Blood edicine and Liver Pills



vous and run-down. The Vego-table Compound helped my whole system.My nerves are better un ap-

also taken the diver Pills and helped me. I will answer letters women asking about your media."—Mrs. RICHARD CHARLTON,

SSUE No. 33-130