

# When baby frets

and you can't get your work done - your nerves are getting the better of you -- make a cup of tea - it's a great "pick-me-up". Sit down a few minutes - you will feel better!

## RED ROSE TEA

"is good tea" '04

Two Qualities -- RED LABEL & ORANGE PENDE



Hiking  
"Oh, to take your hand, my dear,  
And wander for a day  
In a friendly western woodland,  
Where Nature has her way!"

In this auto age, we are in danger of forgetting the joys of hiking. We pound along on cement roads with our eyes ever alert to keep on our own half of the highway, and if occasionally we do glimpse a charming view, it doesn't begin to sink into our consciousness as it would if we were afoot and seeing it leisurely and in detail.

Simply dressed, with rocks and wild flowers, and birds and curlew odors, hiker's life. If they are too distant to look at, at least we can motorize our feet and hike through them. Why deny ourselves one of the sweetest joys of living?

To enjoy a hike to the full, don't use uncomfortable and oily clothes, woolen line, and low-heeled, rubber-soled walking shoes of generous proportions, and carry a sandwich in your pocket and poetry in your heart.

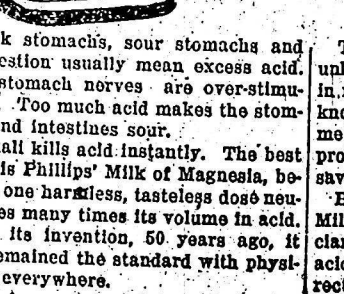
To keep cool  
Mark Twain said, "People are always whining about the weather but nobody ever does anything about it." There are, however, several things we can do to keep cool. One of the first of these is not to mention how hot it is, and to keep our minds happily occupied with other interesting things. Another is to discard all clothing that is heavy and stiff.

If you are a smoker (and many women are) that is today, more's the pity, out that one. If you are overweight, count your calories and reduce your weight. At all events, eat less meat and more cooling fruits and vegetables. Get out more salads. Eat cereal foods and eat more salads. Eat plenty of fruits and oils. Do not have too much olive oil in your salad dressing. Try to eat your fruits and vegetables "with no sugar or salad dressing on them. Season the salads with a little vinegar or lemon juice, or cut them with it. If you short change yourself on the amount of your diet, even unseasoned vegetables will have a "definite" flavor all their own, which you will enjoy. If you get hungry between meals, take some fruit, a glass of water or milk, or—as one of my friends does—eat a celery stalk.

Take a cold bath as many times a day as you can think of. Keep in the shade, avoid vigorous labor (pleasant exercise), if it is so hot in your bedroom that you cannot sleep, wring a towel out of cold water, shake it about the room until you have partly cooled the air and partly dried the sheets, then lay it over yourself for a while.

Drink a cup of cold water every hour of the day.

Sunburn  
It is not as fashionable to be tanned as it was a year ago or two years ago which makes it so hard to get a tan. The new femininity demands a fair and lovely skin so we are paying more attention to protecting it when exposed to the sun's rays. The broad-brimmed beach hats and the beach pajamas and beach coats are for this purpose. With a sunburn, the skin, called



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

Alkali kills acid instantly. The best form is Phillips' Milk of Magnesia, because it is harmless, tasteless and neutralizes many times its volume in acid. Since its invention 50 years ago, it has remained the standard with physicians everywhere.

# Sweet Potatoes Utilized In Making Cloth and Paper

New York—Clothes containing a dash of the American sweet potato are next on the list of prospective wonders.

New United States bureau of standards researchers, which aim to put sweet potatoes and other southern agricultural crops into the textile industry, and boost the southern pine as a source of paper, were announced by Theodore Swann, of Birmingham, Ala., vice-chairman of the Alabama Industrial Development Board.

The bureau begins work next month on both projects, co-operating with Alabama Polytechnic Institute for textiles and the University of Alabama for paper.

Starch is to be the sweet potato contribution to what the well-dressed man will wear. Known principally in collars as something that melts, starch also is a chemical with many other qualities, from food and glue-like adhesive to explosives and artificial silks, and it is particularly indispensable in weaving.

It serves first as a protective coating, called a "size," which guards threads from wearing or losing their strength as they rub in the weaving process. In some goods the starch is removed after weaving by using chemicals. But it also may be retained in the finished products to enrich color, hold in fillings in the microsopical necks and hollows or produce a texture more agreeable to the touch.

American textile mills use 250,000,000 pounds of starch annually, mainly made from Irish potatoes, wheat and corn. Millions of dollars worth of this starch is imported. The American sweet potato, with a 20 to 25 per cent starch content, offers the South another economic opportunity if it can be made into the textile starch.

There may develop also sweet potato Christmas cards and sweet potato correspondence notes, for starch is used in the finishing process of these and many other grades of paper.

"This investigation," says a prospectus of the bureau of standards, "will have to do principally with the starches found in the crops grown in the South. It is proposed to make a study of the uses of starch in the manufacture of textiles and the properties required in a starch for each use."

Further it is planned to determine whether starch from any source is superior to that from another for given purposes, and if specific starches may be modified so as better to adapt them for particular uses.

Concerning the paper-making plans the prospectus says: "A fundamental study of the chemical reactions involved in the sulphate pulping process is being initiated. This process is used for the production of the southern kraft papers which has attained huge proportions in recent years. More detailed information on the complicated chemical reactions of this process is sought to extend its field of usefulness. At present each ton of paper produced is accompanied by the loss of 350 pounds of sodium sulphate or other waste sulphur."

Both research projects were undertaken at the request of the Graves of Alabama, chairman of the Alabama Industrial Development Board.

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Speaking about the mooring mast at St. Hubert Major Scott, another officer in the British dirigible said that it was "absolutely first class. I believe it is the most up-to-date and finest mooring tower in the world," he added.

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Only within the last four or five years, he says, has the motion picture industry discovered the fact that lightning, however much it zigzags, meanders in its path across the sky, never turns sharp angles. Zigzag lightning was formerly the rule rather than the exception on the screen, just as it was once universal in the drawings and paintings of great artists, but it is unknown in nature. He goes on:

"The first person to call attention to the mistake of the artists in this James Nasmyth, who was the son of a landscape painter.

"At a meeting of the British Association for the Advancement of Science, in 1856, he stated that, 'in no instance among the many thunderstorms of those progress he had most attentively watched had he ever observed such forms of lightning as that usually represented in works of art; in all such the artists invariably adopt a conventional form, namely, that of a zigzag combination of straight lines.'"

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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.

# Modern Fish Tales Rival Old Legends

From the choppy waters of Williams Lake, British Columbia, the prize monster of 1930, a 33-pounder, was captured with a hook and line by a member of the Provincial Legislature.

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# People "All Nerves"

What to Do if You Find Yourself in This Condition.

The sort of thing that specialists call nervous debility is the run-down condition caused by over-work and 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 palpating violently. They cannot sleep well at night; their hands tremble and legs seem unable to support them. Such a condition is indeed pitiable.

Detoxing the nerves with sedatives is a terrible mistake. The only real nerve tonic is a supply of good red blood. Therefore the treatment for nervousness and run-down health is Dr. Williams' Pink Pills, which promptly rebuild and enrich the blood. The revived appetite, the strengthened, improved spirits and new strength which come after a course of these pills will delight every sufferer.

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Little Ships that Never Sail  
At work on inland farms he must have dreamed.

In restless youth, of sailing ships that came.  
With lifted brows where still the wonder gleamed  
From seas and ports he loved but could not name.

In him was some old trace of blood that knew  
The lift of sails and thrill of blowing spray—  
But had he held him and the harvest grey,  
And he had never dared to go away.

Too old at last for work, his knotted hands  
Have turned to dreams his youth saw shifting by  
Aid at a window facing prairie lands  
He sees the cloud-ships billowed down the sky.

Each day he sits there, till the light must fall,  
To build his little ships that never sail.  
—Glenn Ward Dresbach.

Do Prairie Dogs Live With Rattlesnakes?  
It is widely believed that rattlesnakes, burrowing owls and prairie dogs live together in peace and harmony. Such is not the case, according to the best informed naturalists. 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 fact both the rattlers and the owls are fond of small mammals as an article of diet and it is they, the prairie dog dens primarily to catch and eat young prairie dogs. They frequently remain in the holes with young prairie dogs, after which the snakes profit while their meal is being digested. It is common to see rattlesnakes sunning themselves at the entrances of prairie dog burrows. The prairie owls not only feed upon young prairie dogs but also use deserted burrows for building their nests and rearing their young.

A Bouncing Trump  
New York—"Come, bounce with me across the sea in a great big rubber ball," may yet become the plea of ocean-minded romancers if the plan of Carl Herzog and Fritz Vogel, two German mechanics, should materialize. They have written to rubber companies offering to bounce across the sea if any of the companies will construct a balloon fifteen feet in diameter, with walls a quarter of an inch thick. They would carry provisions for ninety days, they said.

Chefs in the Making  
The school for training boys as chefs for high-class hotel work, which was started by the London County Council in 1910, has turned out about 3,000 fully trained men since that date.

Have Minard's Liniment on your shelf.

Veratile Clock  
This marvellous clock was unveiled in old tower of Cornelius, Liberia, Belgium, recently. Besides indicating Greenwich time, it gives signs of Zodiak.

Castor makes mountains out of molehills.

Yes, he is the writer of advertising circulars for a picturesque summer resort.

There are no fundamentalists but boys.—"Uncle Dad", Beard.

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