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**Christie's WATER ICE WAFERS**  
CHRISTIE, BROWN AND CO. The Standard of 2.

They melt in your mouth. No one ever says "No thank you" to such a dessert as Christie's Water Ice Wafers. Serve them to anyone at any time and you are sure to please. Just tasty water ice sandwiched between crisp pure biscuit wafers. Delicious... and dainty too.

**Six Snappy Steps To Health and Pep**

By Robert E. Naylor, Author of "Modern Physical Education"

It is not easy to describe what health is, but there is no mistaking its absence when pain reminds us that something is wrong.

We do not give a thought to the process which takes place when we enjoy a good meal—it is absorbed into the system without our knowledge; but when that meal sets up indigestion, we know there is such an organ as the stomach, and that it is not working properly. In other words, a healthy condition is one in which every part works so smoothly that we are unaware of its existence.

Many factors contribute to health—proper food, good sleep, fresh air, and exercise. Exercise is probably the most important, as it sets up a demand for all the others. The business life may be such that there is little opportunity for games or long walks, and how to secure the necessary exercise to keep fit is a real problem to many engaged in sedentary occupations.

It is easier to keep up the general efficiency of the body than to rebuild it after it has broken down or deteriorated. A few simple exercises performed daily at a convenient hour, not too soon after a meal, will maintain the condition of the muscles and joints, tone up the nerves, and keep the internal organs healthy.

In the general "touching-up" it is important that every part of the body should be included, and the following exercises have been prepared with this in view.

**Exercise 1.** (Stand with the feet astride and with arms crossed in front of abdomen.) (1) Raise heels and swing arms vigorously side ways and upward to an oblique position. (2) Return to first position.

**Repeat Twice in Quick Succession.**

This exercise is good for the larynx and develops the calf muscles of the leg. It also strengthens the muscles of the shoulder blades and gives freedom to the shoulder joint.

**Exercise 2.** (Stand with feet astride.) Lift chest and carry head backward, keeping chin down. At the same time raise arms forward and upward and circle them backward and downward, breathing deeply during the movement.

**Repeat Six Times Not Too Quickly.**

This will expand the chest, counteract stooping, and improve the carriage of the body.

**Exercise 3.** (Sitting on the floor.) Bend forward, and touch toes with hands, relax, and then reach beyond toes. Repeat four counts and rest.

**Repeat Whole Four Times Vigorously.**

In this exercise the abdominal muscles are brought strongly into action, the internal organs are well squeezed, and a good flow of fresh blood is encouraged which materially assists digestion and exertion. It also counteracts protruding abdomen.

**Exercise 4.** (From ordinary standing position.) (1) Raise heels and bend arms. (2) Bend knees and stretch arms forward. (3) Stretch knees and bend arms. (4) Lower heels and arms down.

**Repeat Six Times.**

To many there will be an element of balance in this exercise. It will develop the leg muscles and improve the ankle, knee, and hip joints. Combining it with arm movement will cultivate co-ordination. In addition, the arms, shoulders, chest and back will be strengthened.

**Christie's WATER ICE WAFERS**

**When Pain Comes**

What many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali which neutralizes acids instantly. And the best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard with physicians in the 50 years since its invention. One spoonful of this harmless, taste-

less alkali in water will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this. Get a small bottle to try.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

**Out For Golf Honors**

On their way to compete in the triangular International Golf Match played at Toronto, the above members of the British Senior Golfers' Party, of which Lord Derby is President, shown on board the Duchess of York. From left to right they are: E. B. H. Blackwell, Stanley Weigall, Douglas Clayton, Sir Herbert Walker, general manager, Southern Railways; J. Beaumont, P. A. H. Eckford, Halifax; Hewitt, Major F. A. Stephens, the Right Honourable Lord Morison, P. C.; George Brann, James H. Todd, J. C. Boys, Lord Moynihan, president of the Royal College of Surgeons; S. A. Harding, and, seated, Lt.-Col. Francis Popham, secretary of the Society.

**Was Run Down And Very Weak**

Too Little Blood the Trouble

Mrs. Jas. A. Haughn, Bridgewater, N.S., writes:—"I was badly run down and very weak. So much so I could scarcely do my housework. My nerves were affected; my digestion poor; I had continual headaches and could not get a restful night's sleep. Different remedies failed to be of benefit and I was growing discouraged. One day, however, I saw an advertisement of a case similar to mine which had been relieved by Dr. Williams' Pink Pills so I decided to try them. A few weeks' use of the Pills fully restored my health and now my household duties are a pleasure instead of a torture."

Mrs. Haughn's whole trouble was that she had too little blood. Dr. Williams' Pink Pills were of aid to her because they renewed and purified her blood and that good blood promoted good health, for where good blood abounds disease cannot exist.

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

**Black As An Economy**

We are in the habit of thinking of black in extreme terms: a symbol of mourning or poverty, or the last word in smartness. There is, however, very little doubt that an all black toilet, relieved by the right lightening touch, can be the very smartest. Good black is often expensive, yet many a girl nowadays wears black as an economy. "I can't afford to wear anything but black," I heard a girl say the other day, and I could not help wondering, for she was one of the best dressed girls I had seen that day. When I thought it out, however, I realized that there must be something in it. To start with, black does not show the dirt. If kept well brushed, it never grows as shabby-looking as other dark colors, like navy or dark grey. With the merest touch of some other color—red or white—it achieves an effect inimicable. In summer and winter alike it is smart.

A coat that would do duty for day or evening wear is best of black. There is no toilet so non-committal or right for every occasion. Black at the moment and in the approaching autumn season is and will be more popular than ever. Black afternoon frocks are always popular, but little black morning frocks are coming, their quite severe lines relieved by fancy buttons or narrow colored belts. Short or medium evening coats are still made in the popular black; a light lining or, say, shell pink or ivory is advisable. Where fur is used in day or evening coats let it be light fur. The contrast makes the coat.

Where unrelieved black is worn, let jewellery prove the lightening note. A pair of jade earrings, for instance, would make the world of difference and something interesting or a little bizarre in the necklet line always has the desired effect.

On word of warning: if your hat and shoes are to be black, see that they are the best you can afford and exercise great care in their choice. Black throws up the good or bad lines of a hat, and cheap black shoes are apt to look cheaper than other cheap shoes. With your black toilet wear fancy black gloves relieved with white stitching; or heavier stone color kid or suede, or even light beige to match your stockings, but not white unless you are definitely going in for a black and white ensemble.

Fashion experts say that black will be worn for sports costumes. Certainly nothing could be smarter than some of the new black and white tweed mixtures, worn with a black beret—Answers.

**From a Pharaoh's Tomb**

A flower of vivid blue, something like a small sweet pea, has been grown from a seed 3,600 years old, taken from the tomb of an Egyptian Pharaoh by Mr. P. M. Harris, of Acton.

**Minard's Liniment a household friend.**

"The rash marriage is the only wise marriage; prudent marriage—there is no such thing."—Gilbert K. Chesterton.

Alena permitted to take work as domestic servant in the United Kingdom from May 1st, 1929, to April 30th, 1930, numbered 4,359.

**Try These With Blackberries**

Blackberries, together with raspberries, blueberries and goose berries, are remarkable for the amount of free acid they contain. This causes their juices to be of immense value in refreshing the system and keeping the blood cool and free from toxins. Drinks, cordials, and preserves are therefore valuable.

Blackberry Cordial is easy to prepare. Pick the fruit on a dry day and wash it, after removing all stalks. Then put it in a large stone jar, placing the jar in turn in a saucepan of boiling water. Leave until the fruit inside the jar is easily mashed. Then strain the contents through a sieve. To every pint of juice add one pound of loaf sugar, six cloves, the juice of two lemons and one-half pint of the whole simmer for one hour, when the strain and bottle for winter use. The cordial can be taken hot or cold, water being added as required.

A Blackberry Fool is a delightful sweet. Place half a pound of picked and cleaned blackberries in a saucepan with a tablespoonful of water and enough sugar to sweeten, letting them cook until they are tender enough to pass through a sieve. They make a cream by beating up three eggs with a little sugar and adding half a pint of milk, letting the whole gradually thicken by standing in a basin in a saucepan of boiling water. When thick, beat in the blackberry pulp. Pour into glasses and allow to set, when it can be decorated with whipped cream and blanched almonds.

Blackberry Mince-meat offers a novel filling for tarts. Put two pounds of blackberries into a sauce pan with the juice of two lemons and half a pint of water. Simmer until tender, then pass through a sieve. Peel, core, and cut up two large cooking apples and add the grated rind of one lemon, four ounces of sultana raisins, two ounces of washed currants, the same of nutmegs, candied peel, and blanched almonds; add one pound of Demerara sugar and half a teaspoonful of ground ginger, ground cloves, and ground cinnamon. Chop all well together, then add the blackberry pulp, half a pound of chopped suet, and a gill of brandy. Put in a jar and tie down. This is used in exactly the same way as mince-meat.

Smears left on tiles by builders can be removed by rubbing with pumice stone, but a quicker method is to apply a weak solution of spirit of salt (hydrochloric acid). After diluting about a quarter of a pint of acid with three-quarters of a pint of water, apply sparingly to the tiles either with a stiff brush or cotton cloth. When the cement smears have gone, rinse thoroughly with warm water.

**THE SPOILS OF WAR**

At the close of the war an American explosive factory had on hand huge stores of raw material for producing munitions.

Unable to find a market for such products any longer, the officials of the company ordered their research staff to experiment with the war stuffs in an effort to discover a peace-time use for them.

One chemist, having mixed certain materials in a crucible, let the mixture stand overnight. In the morning he was astonished to find that the compound was no longer a liquid but a glossy-surface solid.

Thus was discovered the process for making an enamel now used extensively for finishing automobile bodies.

**FINE DEER KILLED BY HIS MAJESTY**

Ballater, Scotland.—King George on the first day of the deer hunting season stalked and killed a fine 10-pointer. The King got his animal at a distance of 300 yards, after stalking the deer to the side of Whitecote mountain. He scorned the suggestion that the deer should be herded into range for his benefit, and insisted on stalking it through the blazing heat.

Deer hunting is much more exhausting than grouse-shooting, in which King George has been indulging for several days, but the monarch's strength appeared equal to the strain despite his critical illness not so long ago.

King George is rated as one of the best shots in Great Britain.

**THE REASON WHY**

Thin, Weak Children Need Baby's Own Tablets.

Malnutrition, or inability to derive nourishment from food, is a common trouble with little children and is entirely due to stomach and bowel weakness. Another cause of loss of flesh and sleep is worms.

To correct stomach and bowel troubles and thus banish constipation and indigestion, break up colds and simple fevers; expel worms; and allay the pain which accompanies the cutting of teeth is what Baby's Own Tablets were designed for. They never fail to be of aid and can be given with safety to the youngest babe.

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**SEPTEMBER**

September is a gipsy maid,  
The princess royal of her race,  
Her brown throat decked with strings of jade,  
Arms draped with early autumn lace.

Her eyes are like a startled fawn's,  
She wears a crown of pensive air,  
As stepping from the misty dawn  
She robes herself in colors rare.

She is fortune-teller, too,  
And from broad fields of stubbled gold  
Reads Midas tales to me, to you,  
Of wealth that barns and granaries hold.

Oh, how she lures! from city's dust  
Which gaily from our feet she fling,  
Our being, filled with wanderlust,  
Naught can appease but gipsying.

And so we hasten to the wild,  
Where goldenrod bids us remember  
The year has but one gipsy child,  
Fleet-footed, glorious September!

—Evelyn E. Peacock.

**The Cave**

A cliff jute out and screens the spot  
From casual eyes or passing yacht,  
So but to touch the cave is known  
I stumbled on it quite alone.

Surely a mermaid's nest is there!  
Upon this rock she combs her hair,  
That seaweed wonder nightly spread  
May be the stranger sea-creature's bed.

And to the threshold every wave  
Brings treasure for the hidden cave,  
The pearly shells to change and blue,  
From palest pink to tender blue.

If after dark I ventured near:  
Unearthly music I should hear,  
As rising from her native foam,  
The little mermaid seeks her home!

—Hylda M. Wearn, in "Answers."

Minard's Liniment for Foot Ailments.

**Radio Fans**

When it's late at night and you're listening to the radio - you'll enjoy it ever so much with a cup of Red Rose Tea to sip.

**RED ROSE TEA**  
"is good tea"

Two Qualities - RED LABEL & ORANGE PENGE

**Thinking of Ships**

Then come so many ships that I could fill  
Three docks with their tall masts re-  
membered still,  
Each with her special memory's  
special grace,  
Riding the sea, making the waves give  
place.

To delicate high beauty; man's best strength,  
Noble in every line in all their length,  
Alisa, Genista, ships, with long sil-  
booms,  
The Wanderer with great beauty and  
strange dooms.  
Liverpool (mightiest then) superb,  
sublime,  
The California huge, as slow as time,  
The Copely swift, the perfect J. T.  
North,  
The loveliest barque my eye has seen  
floats,  
Dainty John-Lockett with her mem-  
bered yet.

The splendid Argos with her sky-  
set,  
Stalwart Drumcliff, white and red, ma-  
jestic Sherras,  
Divine bright ships, the water's stand-  
ard-bearers:  
Melpomene, Euphrosyne, and their  
sweet  
Sea-troubling sisters of the Fenic  
O fleet; . . .  
Centurion passed in Rio, Gloucester  
en,  
Aladdin burnt, the Boston water-  
broken,  
Yola, in whom my friend sailed, Waw-  
pool trim,  
Pierce-bowed Egeria plunging to the  
swim,  
Stamnia, wild-sterned, sweet Cupien,  
tall Bard,  
Queen of all harbours with her moon  
sail yard,  
Though I tell many, there must still  
be others,  
McVicker Marshall's ships, and Fernie  
Brother's,  
Lochs, Courties, Shires, Danks, the  
countless lines  
Whose house-flags all were the fam-  
ilar signs  
At high main-tracks on Glasgow's  
windy ways  
When sunlight made the wind-white  
water blaze,  
Their names bring back old memories,  
when the docks,  
Shone with their house-flags and their  
painted blocks,  
Their raking masts below the Custom  
House  
And all the marvellous beauty of their  
bows,  
—John Masefield, in "The Story of the  
Round House."

**MINARD'S "KING OF PAIN" LINIMENT**

**When BABIES are Upside**

BABY pills and liniments seem to be as serious at night. A sudden cry may mean colic. Or a sudden attack of whooping cough. How would you meet this emergency—tonight? Here's a box of Castoria ready!

For the protection of your own one—or four own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies. Let it be an everyday aid. Its gentle influence will ease and soothe the infant who can't sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All Castoria has Castoria.

**GOT IN A TAXI ON HIS KNEES**

**Was Crippled With Rheumatism—But Now Fit**

**THANKS TO KRUSCHEN**

Once he was the object of his neighbors' sympathy rheumatic cripple. To-day he is the object of their astonishment—a strenuously active man. It was Kruschen that accomplished the startling change. Here are the vital facts of his story:

"I was about 16 years ago I was crippled with rheumatism, and for about four years it was impossible for me to get about. When I wanted to get in a taxi, I had to get in on my knees. I tried everything—a potato in my pocket, sulphur in my socks, rheumatic ring, soaked my feet in proof whisky, also rubbed my joints with it. I tried all sorts of liniments and pills—it did no good. Then I started on Kruschen Salts, and never missed a morning, taking my dose 20 minutes before breakfast. My age now is 56, and if you were to see me you would take me for not over 40. I can handle anything that comes into my shop; lift over my head settees, addlecks, washbasins, etc. In fact, people who know me say it is marvellous. To-day I am in perfect health. This is the plain truth."—T. R.

Here is a plain statement of the facts—Two of the six salts of which Kruschen is composed dissolve the

needle-pointed crystals of uric acid which have settled in your joints, causing them to swell, ache and inflame. Other ingredients of Kruschen assist Nature to flush out these dissolved crystals through the natural channels. Other ingredients still prevent food fermentation or decompensation, and thereby check the further formation not only of uric acid, but of other body poisons which under-  
mine the health.

The threefold action of Kruschen is the secret of its effectiveness in those stubborn cases of rheumatism which will yield to no other treatment. Put Kruschen to the test yourself. The benefit will have begun before you have finished the first bottle.

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

**Witcher's CASTORIA**

**YOUNG WIFE STRENGTHENED**

At Taking Lydia E. Pinkham's Vegetable Compound

Brookfield, Ontario—"When I first took Lydia E. Pinkham's Vegetable Compound I had been married about a year and my strength was leaving me on account of my condition. I was only 19 and it was my first child. My mother told me I needed something to steady my nerves and a girl friend told me to take Witcher's Vegetable Compound. I had not heard of it until she told me of it. I had been so nervous and my system and now I feel perfectly well and have a sweet little baby boy."

—Mrs. J. B. Strazza, Eastport, Ont.

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