



Why Worry? It's Unnecessary

"My, but I will be anxious until I get a letter from you telling me you are safe at home," said Mrs. Martin as she bid her sister and her two children good-bye at the station.

"Why worry?" exclaimed her sister. "I will telephone you from the Junction when we change trains, and again the minute we get home."

"Indeed, I forgot all about the telephone," Maggie said. "Instead of worrying, I will be listening for your call. It really takes the heartbreak out of saying good-bye, now that we can talk to one another so easily by telephone."

The telephone calls were made as promised, and Mrs. Martin's sister was so impressed with the courtesy of the Bell Telephone operator at the big city terminus that she wrote the station master, saying in part:

"I was passing through with my two children, and had occasion to use the telephone. The young lady on duty was so courteous and nice to me. Nothing seemed to be a trouble, and she not only took my message but directed me to the store during my wait. Altogether, I had a most delightful journey, due largely to the kindly assistance of the telephone operator."



Health Test Is Given to Freshmen

Smith College Hygiene Department Try New Experiment

Northampton, Mass. — The Smith College health knowledge test, an examination comprising 130 practical questions on physical and mental hygiene, was given recently to 655 freshmen at Smith College. This is the first test of this nature ever taken by students of college age. If successful, the experiment will be generally adopted at Smith and other colleges, according to the originator of the examination, Dr. K. Frances Scott, of the department of Hygiene at Smith, chairman of the committee on information of the American Student Health Association.

The knowledge and good sense of the students was tested on matters pertaining to exercise, food, posture, proper clothing, sufficient sleep, nutrition, first aid and mental hygiene. Nutrition, bodily mechanics and communicable diseases were emphasized. In responding to each question the students were asked to choose the most logical of three answers suggested. Knowledge of bodily mechanics

was revealed in a choice of whether "the ideal weight for any individual is best indicated by the standard tables of average weights, the current fashion in figures or signs of good health and endurance." According to the test, appetite was either "an instinct telling of what we should eat, an uncontrollable desire always to be followed, or a cultivated taste quite controllable." Understanding of mental hygiene was judged by the answer to the statement that "nervous breakdowns are caused by excessive study, disappointments or failure to solve one's emotional problems."

In making the experiment the hygiene department stressed the fact that what is not known by the student is fully as important as what is known, since it is largely on the former basis that courses in hygiene will be revised.

A Difficult Point

"We all want our children to grow up into persons whose word can be believed. We know that truthfulness is the foundation of all honorable conduct. Incidentally, it is ultimately the only condition of real success in business. So we are careful to be truthful with our little ones, and to keep faith with them whenever we make them a promise."

But we need not on that account be terribly upset when we first find out a child in some little variation of the truth. A great deal of unconscious cruelty may be perpetrated if we fail to realize that a child's intelligence is limited, and that it is incapable of thinking along grown-up lines, although it will imitate.

Here is a case in point. Molly, aged six, was passionately fond of a Teddy bear that had shared her joys and sorrows from babyhood. He was very shabby and had lost one of his eyes, while one ear hung by a thread. Failing to understand that he was the more endeared to his owner by these accidents, an aunt presented Molly with a new and gorgeously colored monkey. Molly, as she had been taught to do, thanked the donor prettily; but the moment her aunt's back was turned she put the smart newcomer on the top of a bureau and hugged Teddy.

Noticing that the new toy never accompanied the child for a walk, the aunt was told "he was tired, and had to rest," or that "he had a cold." On

being asked the straight question, "Don't you like your new monkey?" Molly raised blue eyes in perfect innocence and said, "Oh, yes. He's perfectly lovely, but he isn't very well today."

"An absolute lie, for she hates the thing," said her mother, worriedly, "and I can't decide whether to scold her for being deceitful or not."

Most parents will praise Molly for the delicate way she tried to avoid giving pain, rather than blame her for the deceit. But is a hint to aunts to ascertain a small recipient's wishes before presenting gifts. For children, like ourselves, have decided preferences.

KEEP THEM HAPPY BY KEEPING THEM WELL

It is natural for children to be happy, active and full of fun. When they are fretful, fussy and disinclined to play you may be sure something is wrong. Almost invariably that something lies in the digestive tract.

It is to meet the need for an absolutely safe corrective of childhood ailments that Baby's Own Tablets have been designed. They gently regulate the stomach and bowels and thus drive out constipation and indigestion; break up colds and simple fevers and allay teething pains. Concerning them Mrs. W. E. Forsyth, Dover, N.E., writes:—"I would not be without Baby's Own Tablets as I know of nothing to equal them for fretful, fussy babies who are troubled with colds or sour stomach."

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.

Year-Round School Seen in Future

New York — That vastly more of childhood will be spent within the four walls of the school of tomorrow is a prediction made on the basis of present trends by the research division of the U.S. National Education Association. Schooling, in its opinion, will in the future begin earlier and will become a year-round function.

Schools for babies, co-operating with the home in establishing basic habits and emotional patterns which underlie a happy, useful life, are foreseen as a permanent and general feature of the educational landscape. Already in the last ten years, it is pointed out, nursery schools in the United States have multiplied almost fifty times over.

Sentimental Traveler

A young couple, entertaining a prim and slightly absent-minded maiden aunt from Nebraska, were astonished and aghast the other night when, some one mentioning speak-easies, the dear old lady brightened and was suddenly all interest. "Oh! Speak-easies, yes. I've always wanted to see one. Do you suppose we could go to one while I'm on here? I understand," she continued, "they're so much better than the old silent movies."

Baffled Erudition

Carolyn Wells, "dean of American detective-story writers," tells why she never had any higher education: "I went to high school in Rahway, New Jersey, and wanted to go to Vassar, until I found out they had to make their own beds there. Then that was all off. I thought of Wellesley next, but I discovered that they had to make their beds there, too. So I decided not to go to college at all."

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WHEN PAIN COMES...

Two hours after eating

WHAT many call "indigestion" is very often nothing but excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali, which neutralizes acids instantly. The best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard anti-acid, with physicians in the 50 years since its invention.

One spoonful of this harmless, tasteless alkali 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 more pleasant way. A small bottle is sufficient to show its merit.

Be sure to get genuine Phillips' Milk of Magnesia prescribed by physicians for more than 50 years in correcting excess acid. 50c a bottle; any drugstore. Complete directions for its many uses are enclosed with every bottle.

The Genuine Milk of Magnesia is always a liquid—never a tablet. Look for the Phillips' name on the bottle.

PHILLIPS' MILK OF MAGNESIA

The Bloodless Sportsman

I go a-gunning, but take no gun; I fish without a pole; And I bag good game and catch such fish. As suits a sportsman's soul: For the chiefest game that the forest holds, And the best fish of the brook, Are never brought down by a rifle shot, And are never caught with a hook. I bob for fish by the forest brook, I hunt for game in the trees, For bigger birds that wing the air, Or fish that swim the seas, A rodless Walton of the brooks, A bloodless sportsman, I, I hunt for the thoughts that throng the woods, The dreams that haunt the sky, The brooks for the fishers of song, To the hunters who hunt for the gameless game, The streams and brooks belong, There are thoughts that roam from the soul of the pine, And thoughts in the flower-bell curled; The thoughts that are blown with the scent of the fern, Are as new and as old as the world, So, away, for the hunt in the fern-scented wood, Till the going down of the sun, There is plenty of game still left in the woods, For the hunter who has no gun, So, away for the fish, by the moss-bordered brook, That flows through the velvet sod; There are plenty of fish still left in the streams, For the angler who has no rod.

—From the Valve World.

Pale People Are In Peril

Some Form of Nervous Breakdown Always Threatens Them

Pale people are almost always nervous. Nervousness denotes lack of blood and too little blood usually results in jaundice, sleeplessness, headaches or neuralgia.

Dr. Williams' Pink Pills are different from most other medicines—it is impossible to take them and not feel better. Their whole mission is to make rich, red blood. This new blood strengthens the nerves and gives vitality to the whole body. Concerning them Mrs. G. Cook, Bloor Street, Toronto, says: "Two years ago I used Dr. Williams' Pink Pills for a nervous breakdown with the result that I have been well and strong ever since."

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.

Lemon May Prove To Be Big Industry

Australians Find Latest Importation to Be Highly Profitable

Fruit farmers in Australia are now finding that lemons are one of the most profitable lines which they can take up. The trees bear all the year round, and the fruit is in constant demand. Profits work out at about \$1,000 an acre.

There has been much publicity given to "pears," like the prickly pear and the blackberry, which have laid waste vast areas in the Antipodes, that it is also to consider the other side of the picture occasionally. For the lemon, like the two "nuisances" mentioned above, is an importation.

On balance, the Australians have benefited enormously by the experience and plantings of lemons, have learned a lesson, and have proved a very profitable crop—and apple-growing is one of the great industries "down under." Yet when apple trees were first planted in Australia most people thought the venture was simply silly.

Travels 4,000,000 Miles

Jim McKeen, traveling passenger agent of the Canadian Pacific Railway since 1883, has just completed his 130th return trip from Montreal to Vancouver, which he figures totals a distance of more than four million miles. "Jim," as he is known all along the line, is 77 years old, is chiefly in charge of oriental transportation, and is sometimes called the "Chinese Ambassador." He gets along quite well with his celestial friends, speaks their language, and, if called upon, wields a wicked pair of chopsticks.

The world's largest fortune belongs to John D. Rockefeller, the famous American millionaire, and is estimated at over \$2,000,000,000.

"The world becomes too much a slave of the present mode, forgetting that there ever was any other."—Winston Churchill.

"Is Bellinda's father the kind of man who would go after you if you eloped?" "No, he's the kind of man who'd move so that you couldn't find him when you got back."

HOW ONE WOMAN LOST 47 POUNDS OF FAT

"I have been taking Kruschen Salts for nearly 3 months. I have continued taking one teaspoonful in warm water every morning. I then weighed 217 pounds, was always bothered with pains in my back and lower part of abdomen and sides.

"Now I am glad to say I am a well woman, feel much stronger, years younger and my weight is 170 pounds; I do not only feel better, but I look better, so all my friends say.

"I shall never be without Kruschen Salts, will never cease taking my daily dose and more than glad to highly recommend it for the great good that is in it."—Mrs. S. A. Solomon.

"P.S.—You may think I am exaggerating by writing such a long letter but truly I feel so indebted to you for putting out such wonderful salts that I cannot say enough."

Minard's Liniment has a hundred uses. "It's better to wait till people are dead before one says anything unkind about them."—George Bernard Shaw.

Economy Corner

Peach Pie
Ingredients: Peaches, 3 oz. sugar, 3 tablespoons cream, puff pastry.
Method: Line a deep soup plate with the pastry, and cut also a round large enough to cover the top. Bake in quick oven for 15 minutes—the cover to be baked on a fat tin. Pare and slice some ripe peaches, mix together the sugar and cream, and pour over them. Put into the prepared pastry case, cover with the top crust and return to the oven for five minutes. Sprinkle with castor sugar and serve.

Peach Jam
Ingredients: Stale Madeira or sponge cake, peaches, 1 lemon, 1 oz. sugar, 2 eggs, 1 pint milk.
Method: Butter a plain mould and put a round of sponge cake at the bottom, then a layer of sliced peaches; repeat the layers, finishing with cake. Sprinkle each layer with lemon juice. Beat the eggs, add sugar and milk, and pour into the mould. Set aside for one hour. Cover with greased paper, and steam very gently for one hour.

Peach Pudding
Ingredients: Stale Madeira or sponge cake, peaches, 1 lemon, 1 oz. sugar, 2 eggs, 1 pint milk.
Method: Butter a plain mould and put a round of sponge cake at the bottom, then a layer of sliced peaches; repeat the layers, finishing with cake. Sprinkle each layer with lemon juice. Beat the eggs, add sugar and milk, and pour into the mould. Set aside for one hour. Cover with greased paper, and steam very gently for one hour.

Flower and Fruit

My soul has been a coward — Withered at the root, How if it has not flowered, Shall it bear fruit?

Now its flowering time is here, Only now I comprehend What the race I might have run (Race of joy that is not won) — O! He weeps, and little knows, And youth that draws such a line.

I did not see the treasure, At home in my breast, I searched the world for it, But found no rest. —Julian Hayley.

British Fliers Leave On Hop to Australia
Croydon, Eng.—Four fliers, Chabot and Major C. E. M. P. Atherton, started at dawn, Oct. 18, in a Haviland passenger plane for Australia. They hope to reach there in seven days by a series of halting stops.

Their first stop they expected to be Belgrade, after which they expect to make several other halts. The plane has no wireless, but carries a collapsible fabric boat which can be inflated with a hand pump.

Safety First, Mon!
"The easterly wind had died the land, and the crew were suffering from the draught," so the captain of the parish waited on the minister with a request to "read a word or two for rain."

The minister, who had a reputation for the efficacy of his supplications on previous occasions, heard the deputation gravely and, after a silence, during which he carefully scanned the horizon, replied: "A well, but Al! bid a wee till the win's mair of the water!" —London Humorist.

Minard's Liniment gives quick relief. "Tomist—Were any of them born here?" "Oledest inhabitant—No; as long as I remember, only babies have been born here."

Abbreviated Golf Boosts Cotton Use

Washington—The rising industry of establishing miniature golf courses has used 1,500,000 yards of cotton textiles, it was announced September 16 by a Department of Commerce division.

This calculation does not take into consideration the amount of cloth which it is expected the tiny golf course operators will have to acquire if they adopt generally the policy of putting their grounds under canvas for the winter.

MAKING A PEST USEFUL

They changed their minds later on when the fruit began to appear, and the pioneers reaped the harvest they deserved. The apples grown in Western Australia sold for 35 each.

Accidental importations may also turn out well, though, naturally, we hear more about those that don't. A case of the first kind was the strawberry clover, which obtained a footing in Australia in rather a curious way. A piano had been sent out from Ireland. It was duly unpacked, and the packing was thrown out. But this packing contained seeds of the strawberry clover. They germinated, and the plants appeared. They found Australian conditions suitable, and the Australians, on their side, found the new arrival useful. So today strawberry clover is cultivated in Victoria.

Even a plant importation which has been condemned as a pest may be of some value. Prickly pear is cultivated in Corsica and California, and some experts believe that it may yet prove useful even in Queensland, where its spread has caused great losses.

Already a vegetable alcohol in which tars can be run has been obtained from it, while the leaves yield a size which will stand up against tropical rain.

One of the novel exhibits in the American War Museum, at Indianapolis will be a French railway-gun of 8 chevau, 40 tonnes type, which everyone who served in France during the Great War will remember.

Quite a number of people died last year in England as the result of falling out of bed; there were 27 males and 47 females. There were also 28 fatalities due to accidents while playing games.

Minard's Liniment has a hundred uses. "It's better to wait till people are dead before one says anything unkind about them."—George Bernard Shaw.

"Please teacher"

Only teachers know how trying it is at times to deal with a roomful of children. What a relief, sometimes, when closing hour comes. Take time then, to make a cup of tea. Nothing so soothing for tired nerves.

RED ROSE TEA.

"is good tea" 106

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YOU SUFFER FROM CONSTIPATION?

Unless remedies are adopted immediately, many phases of constipation that are habitually and must be continued. Obvious pain, colic and dangerous poisons pass away. The stomach and bowels are now active and system enjoys a real tonic effect. Duggins 25c and 75c red cases.

CHILDREN CRY FOR IT

CHILDREN hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and just as harmless as the recipe reads.

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in pillory. Nothing is more valuable for diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, you should use it to keep the system from clogging.

Castoria is sold in every drugstore; the genuine always bears Chas. H. Fletcher's signature.

Do Not Hesitate to Try

Your Vegetable Compound is a good medicine. Anyone who is in poor health should not hesitate to try it. When I was taking the Vegetable Compound I tried the simple Liver Pills I found in the package. I have taken them every night since and I can feel myself improving. I am so thankful for the good they do me that I have told several women about it."

Mrs. G. W. Postiff, 263 Huron St., Stratford, Ontario.

Fletcher's CASTORIA

Against Grippe

Having a bottle of Minard's handy at the right time will often save a doctor's fee. For colds, sore throat, bronchitis.

MINARD'S "KING OF PAIN" LINIMENT

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