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How the Telephone Helped



...explained Jack Wright, former captain of the local football squad. "Next best thing to being with the boys is to hear from you regularly and to know how the team is shaping up." Jack's team mates thought a lot of their captain and when the doctor ordered him right at the very beginning of the season to go to the mountains, sanitarium for a complete rest, they arranged amongst themselves to call him on the long distance telephone two or three times a week. The calls cost very little and as coach Hennessy said "those telephone talks not only cheered Jack but they kept the team members right on their toes for naturally, they didn't want to talk about anything but wins when they spoke to Jack!"

Right Ideas About "Growing Up"

By EDITH L. REID
"You forget something," Mother called to Gerald as he left the dining table to join his playmates in the yard. With reluctant feet and half-saluting, Gerald came back. "When I grow up I'll never fold my napkin," he said, crumpling a rather rumpled piece of linen into the rug and banging the door by way of emphasizing his resentment. "When I grow up I won't wear rubbers," cried Betty Lou, when reminded of the winter walks as she started to school. "I'll only wear slippers," she said. "Teachers only here to ask questions—they don't have to learn any old multiplication tables," grumbled Joe, as he growled over the "mines."

These expressions of rebellion and dozens of others similar in tone are heard all too often by parents and teachers. Children complain about restrictions and what they regard as the freedom of adulthood. Such a condition of mind is annoying to those who have the training of boys and girls. But the truth is that the child's attitude toward the future and its privileges is determined in early years by those in authority. Unless the folding of the napkin at the table implies more than mere social conformity, it will very soon lack interest for the small boy. Let Mother introduce this habit as a test of advancement in ability to do things. "I believe you are almost big enough to fold your napkin now without anyone to help you match the corners. Let's try it for two days and see just how well you can do. After the two days the time may be extended to a week, always with the challenge to his growing powers of responsibility. This manner of training removes the idea of a command. From a mere rule of etiquette folding a napkin might become to Gerald an opportunity to display development. And as to the wearing of rubbers, Betty Lou's mother may almost entirely remove this worry by making this a milestone in her small daughter's judgment and self-reliance.

"I believe you are old enough to decide whether you need to wear rubbers, dear. If I am not mistaken when the walks are damp just as well as I can. So I am going to give you this 'growing up' privilege this week. You may prove to me whether I am right."

TOO MUCH ACID may be causing those frequent headaches

WHEN there's too much acid in your stomach, you must force yourself to work, and even pleasures are too great an effort. Appetite lags; the digestion is poor; the whole system suffers. Laboratory tests show an acid condition is due to errors in our modern diet. But you need not wait to die your way out of the trouble. Take a tablespoonful of Phillips' Milk of Magnesia.

This will neutralize the excess acid instantly; make you feel like a new person in just a few moments. Take a little whenever heartburn, sick headaches, nausea, flatulence, indigestion or biliousness show the digestive system is becoming too

acid. Whenever you are taking cold or feel sluggish, weak, constipated, Phillips' Milk of Magnesia has a gentle laxative action. Delightful to take. Endorsed by physicians for 50 years and prescribed everywhere for men, women and children. The genuine is always a liquid; it cannot be made in tablet form. It always bears the name Phillips' for your protection.



Woman's Fortitude

Forces Herself to Smile Through Pain.

"If I never seem to find time to rest," says many an overworked housewife. Under smiles and forced cheerfulness she conceals weariness and nervous depression; headaches and backaches. Often she is in real pain, but still refuses to give up. This very fortitude is apt to be her undoing. If she continues to neglect the signals of distress she will sooner or later suffer a serious breakdown.

A noted doctor has stated that nine-tenths of the ills of womanhood are due to poor blood. That anemia is the cause of the low spirits, the poor appetite and palpitation that make life a burden for so many. There is no need, however, for women to suffer in this way. All the miseries of anemia can be banished by taking Dr. Williams' Pink Pills. These Pills create an abundance of new, rich, red blood and this new blood will bring strength and vitality to nervous, overworked women. The Pills are sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

How to Avoid Cold Feet

You can avoid cold-feet this winter by lengthening your blankets and comforters so that they will tuck in securely, since so few really come long enough. Take a strip of unbleached muslin 12 inches wide and as long as your blanket or comforter is made. Attach it securely across the bottom of your blanket or comforter, having first had the other three sides hemmed in the color of your bedding or else blind stitched or done in colored feather stitching.

Rice Custard

One cup cooked rice (more if you like it), two eggs, slightly beaten; two good tablespoons sugar, pinch of salt, about a pint of milk, a little nutmeg. Combine all ingredients in a baking dish. See dish in pan of hot water and bake in not too hot an oven until a silver knife will come out clean.

Tiny Tot Travels Alone



Three thousand miles by ocean steamship and a further 1400 miles over land—all the way from Edinburgh to Winnipeg, has no terrors for little Joyce Blaidwood, aged 3½, who recently sailed unaccompanied by Canadian Pacific liner Duchess of Atholl, from Glasgow to Montreal. Canadian Pacific transportation services once more took care of her at the latter city and conveyed her to waiting friends at Winnipeg with whom she will live.

"Here is an invitation to my golden wedding." "Your golden wedding?" "I am marrying the only son of a millionaire."

For Dry Skin—Minard's Liniment. Man (just acquitted) to counsel— "Thanks very much! What should I have done without you?" Counsel— "Oh, about five years."

Growth of Canada In Manufactures

Raising of Crop in 1905 First Agricultural Process in Canada

Tokio, Japan—Canada's growth into a great manufacturing country was described by R. E. Thorne, Montreal, in a recent address here before a luncheon, given by prominent Japanese to the delegates of the trade mission of the Canadian Chambers of Commerce. In 1870 the value of Canadian manufacturing was \$221,000,000, Mr. Thorne said. In 1928, the latest year for which complete statistics are available, it was \$3,700,000,000. The capital invested in more than 23,000 establishments was \$4,780,000,000 and the number of employees 688,000. Going back into the cradle of Canadian industry, Mr. Thorne said the first agricultural process to be carried on by Europeans in what is now the Dominion of Canada, was the raising of a crop of grain at Port Royal, Nova Scotia, in 1605. The first manufacturing process was the grinding of grain in the Autumn of that year. The present century had witnessed the chief forward movement in Canadian manufactures, the result of two great influences, first, the "boom" accompanying the opening up of the Canadian west, and second, the Great War, which not only created enormous demands but left a permanent imprimatur upon the variety and efficiency of Canadian plants. At present Canada ranked as the third largest producer of electrical energy in the world, Mr. Thorne said, following the United States and Germany. Investment in this industry in Canada now amounted to about one billion dollars.

Do Eagles Carry Off Young Babies?

Hardly a year passes but newspapers do not publish reports of a child being carried away by an eagle in Switzerland or some other part of the world. Most of these reports are, no doubt, made up out of whole cloth and may be dismissed as pure fiction. The U.S. Biological Survey states that it is unable to find a single authentic instance of this kind so far as North America is concerned. It is possible, however, that some of the larger eagles may, under unusual circumstances, seize and carry away small children. The golden eagle, it is estimated, can carry a weight of 12 or 15 pounds and it often preys upon lambs, fawns, and kids. Dr. W. A. Reid Blair says that the hairy woodpecker, Central and South America, "attacks and kills animals of more than three times its own size and weight. Turkeys, fawns, foxes, sloths and monkeys alike fall victims to this powerful bird's claws." There is no reason for supposing that such an eagle, when hungry, would discriminate against an unprotected small child. The Kirghiz Tartars from time immemorial, have employed golden eagles to hunt antelopes, foxes, wolves and other game.

Guard the Children from Autumn Colds

The fall is the most severe season of the year for colds—one day is warm, the next cold and wet, and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Bobby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Oil Age Gives New Speed To World, Says Leacock

Montreal—The modern era is distinguished from all others by man's use of the products made from crude oil, and hence this is the "Oil Age," according to Stephen Leacock, lecturer and professor of political economy at McGill University here. Petroleum was known for centuries, Mr. Leacock says, but the modern uses for it were not discovered until the nineteenth century. Modern scientists, while they agree with Mr. Leacock in recognizing the discovery of oil and its importance as a basic product, stress man's ingenuity in perfecting methods of scientific refining, and attach secondary significance to the quality of the crude as it comes from the ground. With the appearance of oil, says Mr. Leacock, "all the world was speeded up." The globe seemed to shrink beneath our feet. Its vastness was all gone from end to end it was searched and ransacked for oil. The white winged plane and the motor boat brought all civilization into one. The motor car unified the world and turned the jungle into highways. Though crude oil has been known for centuries, it remained for modern man to learn how to make it into really useful products.

Chest Colds

Minard's Liniment is recommended in cases of bronchial irregularity. Rub it on the affected parts, and inhale it as necessary siccitates.

Deafness HEAD NOISES LEONARD EAR OIL. A. O. LEONARD, Inc. 70 Fifth Ave., New York City.

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 gripe 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 nudges 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.

MINARD'S LINIMENT "KING OF PAIN"

Owl Laffs

The Turkey As, with mind upon his work, he Views with undisguised dismay The coming of Thanksgiving Day.

For him the pumpkin has no charm, Cranberries cause him much alarm, Chestnuts give him colicky troubles, Writing from him most plaintive gobbles.

His sojourn sad and grim, No kindly Providence for him, No hope is his save that his breast May lie beneath an alien vest.

Beautiful Daughter—"Well, I proposed to Harold myself to-night." Her Mother—"You must be mad!" Beautiful Daughter—"You've darned right I am! He turned me down."

While we are on the subject, we might say one trouble with young people to-day is that they do too much petting, and another trouble with their parents is that they do not do enough.

Paul—"Give me a kiss or I'll sock you over the head and take one anyway." Pauline—"I'll not give you a kiss and don't dare hit me too hard!"

Are n't We All? The scene was the smoking room on a popular train. The newcomer offered his package of cigarettes to the only occupant, but his offer was declined with:

Occupant—"No, thanks, just finished one. Or rather, six would be finished, but I've got to do something to keep my mind off of business."

Newcomer—"Business not so good?" Occupant—"Not so good? (groaning) It's terrible! Every merchant I've visited this week is complaining. Some of 'em spent an hour or more giving me the gruesome details, and now they've got me feeling the same way."

Newcomer—"I don't see how they can do it." Occupant—"Do what?" Newcomer—"Spend an hour talking about business conditions?"

Occupant—"No business coming in, I tell you—nothing else to do. You don't understand."

Newcomer—"I'm afraid I don't. I'm a local merchant, but I'm so busy taking care of my business I haven't had time to learn of this slump you speak of. Matter of fact, my business for the first nine months of this year exceeded that of last year."

Occupant—"Why are you just handing me Pollyanna stuff to cheer me up, or is this on the level?" Newcomer—"I don't see any reason why I would want to 'hit you; I never saw you before, and it will probably be better for my morale if I never do again."

Occupant—"I'm sorry, stranger, I'm just down in the dumps, and I forgot myself. Here, have one of my cigarettes, and then tell me how you put it over."

Newcomer—"Put it over? I didn't know I was doing anything unusual, and so never stopped to analyze the reasons."

Occupant—"Well, now that you've heard my story, wish you'd try. (Deep silence for a minute or two.) Newcomer—"About two months ago I wrote two contractors saying that I would like to built an addition to my home, giving me an extra bedroom and a sleeping porch with an enlarged kitchen and breakfast room on the first floor. One has made no reply, and the other waited three weeks, only to tell me that he was 'tied up' on a big contract. Two weeks ago I cancelled it, and in the following Monday the decorator has not shown up yet. The man who cleans my basement every fall, tends my furnace, carries out the ashes, etc., has not put in an appearance this fall, despite my frequent calls and his equally frequent promises. I telephoned three times for a man to come and see a car that needed repairing and overhauling and putting in running condition. He never came."

Occupant—"But how has that helped your business?" Newcomer—"It hasn't. Because of their utter lack of interest, I've cancelled all of these jobs and am now looking for men who are ready to do business. The point I'm trying to make is that business isn't good with some folks because they aren't good to their business."

Bainish pain with Minard's Liniment. This year's world output of gold is estimated at \$104,000,000.

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 gripe 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 nudges 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.

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Who said "Blue Monday?"

WASHDAY—hardest in the week for many women, especially if there are children. But it needn't be "blue." When you begin to feel tired, make yourself a cup of tea. It will rest you!

RED ROSE TEA "is good tea" TWO QUALITIES -- RED TASTE & ORANGE PEKOE

Beebe Returns With New Fish Specimens

New York—Dr. William Beebe, director of tropical research for the New York Zoological Society, returned recently from his second consecutive year of studying fish in the depths of 1500,000 specimens of fish and crustaceans, many of them new to science and some trawled at a depth of two miles. He intends to name and catalogue them during the winter in his studio here. "I am proud to say that my work is of no practical value," he said, "although, of course, there is always the chance that something practical may be stumbled upon in the course of my research. There are, roughly, three fish-depth zones. First, the surface zone of only a few fathoms populated by blue and transparent fish, then the silver zone going down to 1,500 feet, and then the red and black zones extending to a 'frigid' temperature. When he has catalogued his specimens, he said, they will be taken to the Museum of Natural History.

Ancient Tree Bears Twelve Inch Apples

From a tree twice as old as the Dominion of Canada, J. C. Freil of Niagara Township has picked apples of a deep purple color and of very good quality, known as "the Black Chief." The tree is over 120 years old, and was a veteran when Confederation was signed 63 years ago. The seed was brought to Canada from the Old Country by sailing vessel. Measured on an average, the fruit had a circumference of 12½ inches.

Use Minard's Liniment for Toothache

"If a man wants to marry he should make a little money first," says a magistrate. Afterwards he'll have to make a little money last.

Take one TONIGHT Wake up RIGHT Cascarets "THEY WORK WHILE YOU SLEEP" Quick Sure Relief for CONSTIPATION BILIOUSNESS SLUGGISHNESS

Cuticura Talcum The soothing, cooling touch that brings comfort to the baby. The finest of Cuticura preparations. With a background of 50 years of dependable quality and service.

Depression "in a different woman" Two years ago I began to get depressed, and everything was too much for me. I was a merry, bright, and everyone around me. I was advised to take Cuticura. My friends who said it was the same as Cuticura but it did not do so at last my husband got me a bottle of Cuticura and we soon were in the different woman I am. I have been taking Cuticura now constantly for two years. My daughter also would not be without it. I have seen my neighbor to take Cuticura and she has found its worth as she feels a different woman.

Weak After Operation "I was very weak after an operation. My nerves were so bad I would sit down and cry and my husband would not go to bed and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."—Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.

Lydia E. Pinkham's Vegetable Compound

Fletcher's CASTORIA

Minard's Liniment

Minard's Liniment

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