

# CHORUS GIRL TAKES OFF 28 lbs. Has To Be Slim To Keep Her Job

## FRESH AFTER A NIGHT'S DANCING

"I was getting much too fat," writes a chorus girl, "and I expect you know how deadly that is to one of us. In fact, in time it means 'the gate'—in other words, our services are not required. In these days a chorus girl has to work very hard—dancing as well as singing—and it is really necessary to be slim. A friend advised me to take Kruschen Salts, which I did, and after taking them for three months I have lost 28 lbs. I am delighted, for nobody loves a fat girl. The girls at the theatre used to laugh when they saw the Kruschen bottle on my dressing table. But those who laugh last laugh best, which I do at the end of the show at night, as I am quite fresh and happy after a hard night dancing. Thanks to Kruschen Salts." (Miss) M. W.

It has been established that excess fat is mainly due to improper working of the internal organs, which allow waste material to accumulate and clog the machinery. Taken every morning, Kruschen Salts effect a regular, gentle, and perfectly natural clearance of this poisonous waste which encumbers the system. Your blood-stream is thus



preserved from contamination. Refreshed and invigorated, it floods you with a new feeling of vitality, a new urge for activity. You follow the urge, and after about a fortnight that ugly fat starts to go. You feel it; your mirror reflects it; you make for the nearest weighing-machine, and very soon know it.

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

## FREE TRIAL OFFER OF KRUSCHEN

Try Kruschen now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claims for yourself. Ask your drugist for the new "GIANT" 75c. package. This consists of the regular 75c. bottle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to

the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your drugist is authorized to return you 75c. immediately and without question. You have tried Kruschen free at our expense. What could be fairer? Manufactured by F. GARRUTTA FRIGER, Ltd., Manchester, England. (Established 1786)

### OUR CROSS-WORD PUZZLE

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66

- |                       |                         |                          |
|-----------------------|-------------------------|--------------------------|
| Horizontal            | 46—Killed               | 16—Neck cloth            |
| 1—Dexterity           | 45—Weapon               | 18—French plural article |
| 4—Over                | 50—Capably              | 20—Sun                   |
| 9—Carrall             | 51—Color                | 22—Vegetables            |
| 12—Bean               | 53—Largest point        | 23—Up to                 |
| 13—Ethical            | 55—Checkered cloth      | 25—To plead              |
| 14—Before             | 58—Name of foot disease | 27—To be of use          |
| 15—Individual         | 61—Self                 | 28—Trivial               |
| 17—Faculty            | 62—Example              | 30—That over there       |
| 19—Land measures      | 64—Kind of dog          | 32—Child                 |
| 21—Seine              | 65—Beetle               | 36—To capture            |
| 22—Moon               | 66—Eaten away           | 35—Plait                 |
| 24—Convulsive sigh    | 67—Golf mound           | 41—Great fright          |
| 26—To strike          | Vertical                | 43—Play on words         |
| 29—Passage            | 1—Serpent               | 45—Unceremonious         |
| 31—Tennis term        | 2—Deer                  | 47—Moist                 |
| 33—Girl's name        | 3—Oppressor             | 49—Titles                |
| 34—French conjunction | 5—Parts of skeleton     | 52—Title                 |
| 35—Watch charm        | 6—Conjunction           | 54—Glen                  |
| 37—Slang; sailor      | 7—Tub                   | 55—To spread             |
| 39—By                 | 8—Spiral                | 56—Past                  |
| 40—Set of tools       | 9—Insect                | 57—Conjunction           |
| 42—Pile               | 10—Vase                 | 59—To regret             |
| 44—Characteristic     | 11—To place             | 60—Period                |
|                       |                         | 63—To act                |

### THE SECRET HEART

Across the years he could recall  
His father one way best of all.

In the stillest hour of night  
The boy awakened to the light.

Half in dreams, he saw his sire  
With his great hands full of fire.

The man had struck a match to see  
If his son slept peacefully.  
He held his palms each side the  
spark  
His love had kindled in the dark.

His two hands were curved apart  
In the semblance of a heart.

He wore, it seemed to his small son,  
A bare heart on his hidden one.

A heart that gave out such a glow  
No son awake could bear to know.

It showed a look upon a face  
Too tender for the day to trace.

One instant, it lit all about,  
And then the secret heart went out.

But it shone long enough for one  
To know that hands held up the sun.  
—By Robert P. Tristram Coffin, in  
The Forum (N.Y.)

### Answers to Last Week Puzzle

S	T	A	I	Y	S	L	E	S	S	T	R
S	T	O	R	E	T	O	S	E	R	I	S
W	L	K	B	R	I	S	E	R	D	O	M
R	E	N	E	W	V	E	R	G	E	R	I
B	A	V	E	S	H	I	E	S	I	A	L
S	E	N	D	I	F	D	A	N	C	E	R
T	R	I	G	P	E	L	T				
A	N	E	T	R	U	L	E	R	A	T	
L	O	P	T	A	U	N	T	A	L	A	
P	R	E	D	O	M	I	N	A	T	I	O
S	I	A	G	O	A	R	M	O	R	E	S

### Gems from Life's Scrap-book

**Peace**  
"Peace is the happy, natural state of man; war his corruption, his disgrace."—Thomson.  
"Blessedness is promised to the peacemaker, not to the conqueror."—Quarles.  
"The need of mankind in this great work of establishing peace among the nations is to realize man's oneness of origin in God."—The Christian Science Monitor.  
"All things that speak of heaven speak of peace."—Bailey.  
"Nothing can bring you peace but yourself. Nothing can bring you peace but the triumph of principles."—Emerson.  
"The question of peace or war depends on our power to create fellowship. Only love that believes in fellowship, and will suffer anything in making it, can dissolve the frictions."—Rev. James Reid, M.A., in the British Weekly, London, England.  
Remember: The conquests of Alexander the Great, and compare them with those of Christ Jesus, whose conquests were not against man, but against evil.  
Spain Has 7 Women Mayors  
In Spain, where only two years ago women occupied a position so dependent that they could not even arrange for their own bank account, there are now seven women Mayors.—San Francisco Chronicle.  
Protection Given to Lugs  
Oiling the lug bolts now and then will make them easier to remove when it is necessary to change a tire. A "frozen" lug may break when a wrench is applied to it.

### Lower Fares Tried By British Railways

London—In an effort to counteract the heavy competition offered by motor travel the railways are reducing their third class fares for the summer months to the pre-war rate of a penny per mile between all stations 10 miles apart.  
The result will represent a saving of a half-penny a mile on existing third class rates and a penny on first class fares.  
Some officials declare, however, unless the railways regain a considerable proportion of the passenger traffic recently lost to motors this experiment will likely prove very costly. New rail fares will still remain above the motor rates. It is not considered the innovation will affect London suburban traffic where the loss of passengers through the opening of new tube lines has been prodigious.  
A new pair of scales shows the weight, price and total of an article.

### Lost Things

There is a place where all the things that a boy loses go—  
Marbles, knives, and copper pennies  
Deeply dropped in snow.  
A scrap of paper that a girl  
Flung across a floor,  
A lovely broken knob  
Stolen from a door.  
A cornob pipe that made him sick,  
A kite that broke its string  
And tumbled down beyond the sky  
Like an unbeating wing.

# If YOU Are...

**ANAEMIC · ALWAYS TIRED · WEAK  
NERVOUS · RUN-DOWN · RHEUMATIC**

In 72 different countries, sufferers by the thousand have found new health, new courage and new happiness by having their Blood Oxygenized by Dr. Williams' Pink Pills. . . Weak and anemic people have been wonderfully strengthened. . . Thin bodies have gained needed weight. . . Nervous systems have been revitalized. . . Pale, listless teen-age girls have experienced the glow of buoyant health. . . Middle-aged women have been fortified for the critical change of life. . . Worried, high-strung business men have been given renewed nerve force.

### Oxygenizes Your Blood Stream

Dr. Williams' Pink Pills increase the supply of the vital element OXYGEN in the Blood Stream, which then carries new nourishment, new vitality and new health to every organ of the body.  
Unless your Blood Stream—which is your Life Stream—is adequately oxygenized (and thereby purified and enriched), the food you eat won't build red blood and firm flesh for you. By their remarkable oxygenizing power, Dr. Williams' Pink Pills make your food really feed your Blood, your body tissues and your nerves.  
YOU can experience the beneficial results of Dr. Williams' Pink Pills, as so many thousands of others have testified. Get a supply from your Drug-gist—and start the treatment without delay.



## For Five Complete Sets of Poker Hands

You can obtain a pair of first quality Ladies' pure thread Silk Stockings, 45 gauge. Combined with excellent wearing qualities, these Stockings have the cull, sheer appearance which is so desirable, and they are obtainable in the latest shades. Sizes 8 1/2, 9, 9 1/2, 10.  
There is genuine economy in rolling your own with Turret fine cut, as you can make more than 50 cigarettes from a 20c. package.



**It pays to "Roll Your Own" with TURRET FINE CUT CIGARETTE TOBACCO**  
SAVE THE POKER HANDS  
Imperial Tobacco Company of Canada, Limited

## ...SMILES...



The Youth—"Your teeth are like pearls."  
The Girl—"Pearl who?"

Mrs. Robinson was an extremely careful mother, and had repeatedly cautioned her 6-year-old daughter against handling any object that might contain germs. One day the little girl came in and said:  
"Little Girl—"Mother Dear, I am never going to play with my kitten any more, because she has germs on her."  
Mrs. Robinson—"Oh, no, there are no germs on your kitten."  
"Little Girl—"But, Mother Dear, I saw them."

"Can you tell me the way to the Post Office?" inquired the stranger.  
"I can, sir," replied the oldest inhabitant, obligingly. "Go up the Downs and keep straight along the crooked lane, then round the square, and when you turn left you are right."

Many progressive women are up-to-date in everything, except possibly their birthdays.  
Proud Mother—"I think Junior becomes more like his father every day."  
Neighbor—"Really? And have you done nothing to prevent it?"

The average woman desires to be the one to make a man forget all the other women he knows, then, she proceeds to remind him of them all the time by asking him questions about them.  
"Permanent peace is a pipe dream," says an aunt who has lived 21 years with her stepmother, 19 years with her mother-in-law and 25 years with her daughter-in-law.

A naval officer on a country walk called at a cottage for a cup of tea. The door was opened by ex-Warrant Officer Jones, who had served with the officer.  
Both were delighted at meeting, and Jones explained to his visitor that he was comfortably fixed, owned the cottage and a bit of land, his only expense being half-a-crown a week for a boy.  
"Ah!" said the Commander. "To clean your windows and brass?"  
"No, sir," replied Jones, "he calls me every morning at six and says, 'Warrant Officer Jones, the Commander-to-go to Halifax,' and goes to sleep again."

"This is the time of year when just a little attention to the home premises and to the streets and alleys and vacant lots will do much to improve the appearance of the town during the spring and summer months. Small expenditures and a little time will do wonders in making a town attractive."  
Minister—"Do you take this man for better or for worse?"  
Colored Bride—"No, sah. 'Jes' as he is. If he get any better, he'll die, an' ef he gets any wuss Ah'll kill him myself."

Young Lady (after singing before a stage manager)—"Do you think I can ever do anything with my voice?"  
Stage-Manager—"Well, it might come in handy in case of fire!"  
A man says in the Spring a housewife's fancy lightly turns the furniture around.

A little girl of four came tearfully to her mother one morning with the complaint: "How can I button my dress when the buttons are in the back and I am in the front?"  
Mother—"I hope you didn't take a second piece of cake at the party?"  
Bobby—"No, I took two pieces first time."  
Son—"Daddy, why do they call it the mother tongue?"  
Daddy—"Well, just see who uses it the most."  
One reason some concerns are "in the red" is the fact that not enough

### Extremely Useful For Afternoons

By HELEN WILLIAMS.  
Illustrated Dressmaking Lesson Furnished With Every Pattern.



3335  
Loveliness for afternoons and it's quite within your reach, for it's so easily copied.  
It is carried out in black crinkly crepe silk. As you will see for yourself, this model is simplicity itself. The bodice has a slightly draped neck at the front and smart dolman sleeves. It uses orange-red mobair braid for its banded trim.  
Style No. 3335 is designed for sizes 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40 and 42 inches bust.  
Size 36 requires 3 3/4 yards of 39-inch material with 1/2 yard of 39-inch contrasting.  
HOW TO ORDER-PATTERNS  
Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred); wrap it carefully for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

Recoloring of Radiators  
Radiators never should be painted, for that diminishes their capacity to radiate heat. However, they do need refinishing from time to time in the interest of appearance. The proper material to use is lampblack mixed with alcohol. It not only improves the beauty of the part but also protects the metal.  
Road Lasting 20 Years Perfected  
Costing only 15 cents a square foot and needing no maintenance for twenty years a "zigzag" steel grating road is claimed to have been perfected in Austria.  
Hares Killed to Aid Poor  
In a drive on the estate of Earl Cawdor, near Nairn, Scotland, recently, 1,000 white hares were killed and given to the poor.

### When Your Daughter Comes to Womanhood

Give Her Lydia E. Pinkham's Vegetable Compound  
Most girls in their teens need a tonic and regulator. Give your daughter Lydia E. Pinkham's Vegetable Compound for the next few months. Teach her how to guard her health at this critical time. When she is a happy, healthy wife and mother she will thank you.

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## + Do You Know? +



That this curious looking boat can travel on both land and water? Many of this type are used in northern Canada to haul booms of logs across large lakes during the spring drives. When it is necessary to move one of these boats from one lake to another, cables are fastened from a capstan on the boat to the bole of a large tree and the boat pulls itself under its own power across the portage.

### Mystery Sounds Puzzle Science

Found in England, India, and the United States  
Travellers returning from India often speak of the Barisal guns, the mysterious boomings like distant gunfire heard in the delta of the Ganges.  
There is, however, no need to go so far as India in order to hear mystery sounds similar to the Barisal guns. They have been heard on Dartmoor at times when no firing was in progress on the Okehampton Artillery Ranges, and when no thunder-clouds were within sight. They came late on warm evenings, muffled reports precisely like those of distant guns.  
IN THE NORTH SEA.  
Fishermen who use the North Sea occasionally hear similar sounds. They occur usually in warm, foggy weather. Look-out men at Ostend have reported identical noises, very dull and distant but many times repeated, and always occurring towards evening. They consider them to be submarine.  
There are at least three places in America where a mystery sound has been heard for many years past. One is that beautiful region, the Blu Mountains of Georgia, where there are records running back for sixty years of men reporting heavy crashes and booms, resembling the sounds of a distant bombardment.  
These occur at all times of the year and in all weathers. It was formerly suggested that they were caused by bears rooting under rocks and sending them rolling down the hillsides, but

today bears are extinct—and the noises continue.  
In the hills of North Carolina and near Franklinville, in New York State, the same sort of sounds are heard. They are described as resembling quarry blasts.  
STRANGE STORM WARNING.  
Prof. A. J. E. An Italian seismologist has written a paper on mysterious noises heard in Umbria over a long period of years. These detonations were quite distinct from ordinary peals of thunder. The centre from which they appeared to emanate was Monte Nerone. In the Middle Ages mysterious thunder of the same kind is usual. The people call it "Bombio".  
One of the strangest spots on earth is the Quebrada Encantada (Enchanted Ravine) in the Uloa Valley, Honduras. This ravine at times sends forth a loud, melodious sound, which may be heard many miles away, and is regarded by all the people within hearing as an infallible sign of rain.  
What is more, the sound is so modulated as to indicate by its pitch whether the coming storm is to be heavy or light. The amount of promised rain is in exact proportion to the volume of the sound.

There is a place where all the things that a boy loses go—  
Marbles, knives, and copper pennies  
Deeply dropped in snow.  
A scrap of paper that a girl  
Flung across a floor,  
A lovely broken knob  
Stolen from a door.  
A cornob pipe that made him sick,  
A kite that broke its string  
And tumbled down beyond the sky  
Like an unbeating wing.

### Infant Colds

"BABY'S OWN TABLETS," writes Mrs. Louis Wheeler, of Indian Road (Chesnut), Toronto, who speaks for children's Colds, Coughs and Cramps. They are the best corrective a child can have.  
When a baby or young child "catches cold", a safe, pleasant, efficient corrective is needed immediately. "Baby's Own Tablets" keep BABY'S OWN TABLETS at hand for the prompt relief of the common ailments of childhood. See safety guarantee in each 25-cent package.  
Dr. Williams' Baby's Own Tablets  
Perfect models of every type of flying machines used in the last 200 years have been placed on exhibition in the Royal Museum, in Edinburgh, Scotland.

### Classified Advertising

**PATENTS.**  
OFFER TO EVERY INVENTOR A list of wanted inventions and full information sent free. The Ramsey Company, World Patent Attorneys, 213 Bank Street, Ottawa, Canada.  
**NURSERY STOCK.**  
OLDFER NURSERY STOCK DIRECT Save dollars by getting my prices on items you need. Standard Nursery, Furthill, Ont. A. Rossell, prop.  
**FARMS & E. SELL.**  
NOVA SCOTIA FARMS FOR SALE Also hotels, businesses, summer resorts. Free list. Hugh McCallum, Truro

**DRUG SUPPLIES AND SANITARY** Supplies. Write for wholesale catalogues. Sent to adults only. National Distributors, Box 413, Dept. W., REGINA, Sask.

**MEDICAL.**  
RUTHERFORD WHITE FOR IMMEDIATE MATION. Smith Mankin Company, Dept. 100, Preston, Ont.

**AGENTS WANTED.**  
SALERIES OF LADIES' OUR spring catalogues and prices are ready; sell ladies', men's and children's fine knitted underwear; a profitable business for you; steady employment. Liberal commission. Write today. British Knitwear Limited, Toronto, Ont.

**SCALP-HEAL**  
The World's Greatest Scalp and Hair Tonic Get rid of Dandruff and Itching Prevent baldness and grey hair Restore the hair cells. Vitalize the scalp before it is too late. Write for FREE SCALP-HEAL CURETTE Box 513, Station 7, Toronto

**MONEY-PAY-OUT AT HOME.**  
YOU can earn good money in spare time at home making display cards. No selling or canvassing. We instruct you, send you plates and supply you with work. Write today for free booklet.  
The MERCHANT COMPANY, Limited, 647 Dominion Bldg., Toronto, Ont.

**IT'S LIVER THAT MAKES YOU FEEL SO WRETCHED**  
Wake up your Liver Bill! —No Calomel necessary  
For you to feel healthy and happy, your liver must pour two quarts of fluid bile into your bowels every day. Without this bile, trouble starts. Poor digestion. Slow elimination. Poisons in the body. General weakness.  
How can you expect to clear up a situation like this completely with mere bowdlerized sales, oil, mineral water, laxative candy, or chewing gum, or roughage? They don't work up you need Carter's Little Liver Pills. Purely vegetable—safe. Quick and sure results. Ask for them by name. Retail everywhere. 25c. at all druggists.

**Each Spoonful Means Health Insurance**  
Take regularly  
**SCOTT'S EMULSION**  
of Norwegian Cod Liver Oil  
Builds Resistance  
Easy to Digest

**for SPRAINS**  
Rub Minard's in gently. It penetrates sore ligaments, allays inflammation, soothes, heals.  
Purify on your feet!  
**MINARD'S "KING OF PAIN" LINIMENT**

**REDUCE AND REJOICE**  
LACEY'S Reducing Gum is a non-diet, non-drug, healthy treatment, based on the recent discoveries of eminent specialists. The prescription is so easy that you can safely yourself that it does nothing that will disturb the most sensitive constitution. Simply wash your face and neck with LACEY'S Reducing Gum after each meal to prevent excess fat. Guaranteed harmless and a wonderful skin beautifier. Increases vitality, builds up the muscles. We have many letters saying: "I've lost 100 lbs. since I started using LACEY'S Reducing Gum." A BOX AT ALL DRUG AND DEPT. STORES. If you do not see your drug store, write to LACEY'S, P.O. Box 288, Vancouver, B.C. Mailed postpaid. Booklet: "Be Slim" on request.