#### Nourishing Food One Cent a Portion

B Maude M. Hutcheson in Toronto

Saturday Night.

Sagragez Explaint Calgetta 19
Washington, D.C.—It is, of course, to the depression that the once-lowly penny is indebted for the new promin-ence it has achieved. Who would have dreamed, such a few years ago, of a popular restaurant serving wholesome food at one cent per portion? As a matter of fact, the venture is in the nature of a second, and this time suc cessful attempt: the idea was first tried out twenty-five years ago when Bernarr Macfadden served dishes at a cent aplece in the basement of a five cent restaurant in New York City.

There was no depression then an the primary object of the the scheme was to prove how cheaply sustaining food could be sold to the public Apparently the mass mind of the day could not accept anything lower in the monetary scale than the five-cent piece, for the penny part of the res taurant got next to no patronage. The "old order" has changed, however, and the pennyterius which the Bernarr Macfadden Foundation has maintained for the last few years in New York are proving so popular that one was re-In the selection

The penny restaurant is run on the cafeteria system, which is too well known to need describing. The "stand-These are about the height of book keepers' desks, and the reason no seats are provided is simple enough. Were the majority of pennyteria patrons to be given seats they might be tempted to put in the better part of an otherwise emply afternoon over a meal, bu if the restaurant is to make expenses it must count on a constant flow of customers: therefore it invites one to

A sign, prominently displayed, reads: "Our table space is limited. Please make room for those behind you by leaving when you finish." Certaindishes are included in the regulation menu e.G.:

All soups	. 1	cent
Cracked wheat	1	cent
Cornment	1	cent
Oatmeal		
Cabbage Salad	. 1	cent.
Bread Pudding	1	cent
Whole wheat bread	1	cent
Raisins	1	cent
Prines		
Coffee	1	cent
Enriched milk for coffee		
Butter	1	cent
Than there are "encoiale"		

Then there are "specials," varying frem day to day, such as beef stew with regetables, 5 cents, or beef meat cakes In a leastet dealing with these res-

taurants, issued by the Bernarr Mac-ladden Foundation, cracked wheat is given prominence as the "staple dish." Two servings are considered a good meal-at a price of two cents. With regard to the soups, the leaflet ex-plains that they are made "rather beavy and not strained. There is no meat base, although chopped fried s, with a liberal quantity of oil or beef fat, are added to enrich them." It seems that many customers whos funds consist mainly of coppers eat two or three bowls of soup.

If the pency restaurants were originally intended for the "tougher" elements of society, they are also cater-ing to other and very different classes -not only the "white collar" workers. who have been so hard hit in these times, but even to people still on salaries. Those who have suffered the ignominy of the jobless have been able to feed themselves in respectable surroundings for a few pennies, and in Washington particularly, "bank holiday" may be said to have freed the pennyteria from any stigma of pauper-ism.

#### The Inspiration For Annie Laurie

The whole English-speaking racknows the cld Scotch balad "Annie Laurie," but not all know that Annie as a Scotch lassie who lived during the last quarter of the Seventeentl century, and the first quarter of the Eighteenth. She was a daughter of family register is this entry: "At the pleasure of God, my daughter, Annie Laurie, was born on the 16th day of December, 1682, about 6 o'clock in the morning, and was baptized by Mr. George Hunter (minister of Glencairn)."

The reason for the hour of birth being recorded is that the family be lieved in astrology, according to which science the hour of birth decides the nature of one's entire life.

Annie Laurie's girlhood was similar to that of any other lass of her age.
As she grew up, however, she became
the most beautiful Dumfriesian of the day and the heroine of the ballad which has made her charms immortal. A; she was unusually beautiful, it was only natural that she should have man, admirers; among the foremos was Douglas Finland. Finland afte the accepted practice of the day, wrote a poem to Annie Latrie. It is from this poem that the lines which form the song are taken. But it was no the poet Annie Laurie loved. She married his rival, Alexander Fergusson and lived happily ever after, an exchange says.

#### Will the Beard Return?

Through the eighteenth century beards waxed and waned in the world's fashion centres although first records appear to start around 1100. and there was a changing vogue in 1800. At the beginning of the 19th the bushy style of beard-dressing came back. A beard five feet two inches I ng on an envoy sent to his Court, so fascinated Ivan the Terrible of fine and happy that I had to write and and liver in splendid working shape, was not available, and it was a case of Russia that he asked permision to run let you know what Kruschen Salts and fill you with vigor and tireless growing seed in Canada or cutting his fingers through it.

Great men have succumbed-Dick-Tennyson, Swinburne, Rubens, Carlyle, Brahms, all wore beards. lbs."-(Mrs.) E. E. two later day celebrities, still faithful to the fashion of yesteryear.

# **GOLD MINES**

The Most Prosperous Canadian Industry

Earnings of leading gold mining companies are at record levels, and although gold is at a premium of over 50% the shares of the leading Canadian gold producing companies have appreciated only moderately in value in the past six months. Re-valuation of gold, with consequent perpetuation of all or most of the premium is practically assured. WE OFFER ON REQUEST concise analytical studies of all Canadian gold mining companies of any importance, including all the following: all the following:

LAKE SHORE TECK-HUGHES NICOLA

WRIGHT-HARGREAVES

The position of Gold in the world's economic structure, analyzing and making clear its puzzling features, has been carefully set out in our booklet "Gold, the Key to Conditions."

- CUT OUT AND MAIL THIS COUPON - -Without obligation on my part, please forward me your booklet, "Cold, the Key to Conditions," also report on the following mines:

Name....... Address..... T. H. McWHIRTER COMPANY Limited PEDERAL BUILDING

# Too Much "Party" Last Right Too Much Food, Late Hours, Smoky Atmosphere

YET-This Morning No "Acid Headache"-No Upset Stomach

Scientists say this is the OUICK-EST, SUREST and EASIEST way to combat FEELING THE ETTECTS of over-indulgence—the most powerful acid neutralizer known to science. Just do this:

TAKE—2 tablespoonfuls of Philips' Milk of Magnesia in a glass of water BEFORE hed. In the morning take 2 more tablespoonfuls with the juice of a WHOLE ORANGE. That's all! Tomorrow you'll feei great!

Or take the equivalent amount of Phillips' Milk of Magnesia tablets. Each tablet is equal to a teaspoonful of the liquid.

Get genuine Phillips' Milk of Magnesia tablets. Each tablet is equal to a teaspoonful of the liquid.

Get genuine Phillips' Milk of Magnesia tablets. Each tablet is equal to a teaspoonful of the liquid.

Get genuine Phillips' tonvenient tablets. Be sure it's PHILLIPS'... the kind doctors endorse.

NOW IN 1ABLET OR LIQUID.FORM

OR LIQUID FORM MADE IN CANADA

# Innated Tubes Solve

Airplane Ice Problem Chicago.—Sleeves of balloon silk drawn over the front of the wings and tail surfaces, inflated or deflated at will of the pilot, have proved : practical ice-breaking device, it is an nounced by Mr. W. A. Patterson, vice president of the United Air Lines.

When ice began to appear on the edges of the all-metal plane used in tests, the pilot turned a valve on an air pump. The sleeves swelled up and the ice cracked and blew off in the air stream. Strips of balloon silk are stewn to form a series of tubes, and are cemented to the wings along clas are cemented to the wings along elas-tic rubber edges. Tests have gone on all summer. While ground temper-ature was around 90 degrees, experi-menters flew aloft 19,000 feet, nearly four miles to find their ice-forming

#### Widow of Lift-Man Baronet Drops Title

London, - Marion, Lady Wolseley, idow of the "elevator-man baronet," Sir Reginald Wolseley, who died last wear, has decided to drop the title and henceforth be known simply as Mrs. Wolseley. Her husband ran an elevat-Robert Laurie a Scotch baronet. In or for many years in the United States.

The marriage of the couple was a romantic one. Mrs. Wolseley was a daughter of a Welsh magistrate and companion to Reginald Wolseley's mother, who on her death bed pleaded with the present Mrs. Wolseley to go to the United States to seek her son. She did so and married him there. Wolseley obtained a divorce in the Iowa courts but this was annulled and the pair were reunited. Her Ladyship attended her husband's funeral last

# Housewife Advised

Art, Literature and

New York .- The housewife whos methods and appliances received some t the Women's Arts and Industries obbies as interesting and profitable liversions.

"Since the old-fashioned means of making the child practice are out, she said, "it is necessary for all mem pers of the family to be musically

Miss Dorothy Bennett, assistant cu n the field of science to aid wome

ecretary of the New York Adult Eduational Council, offered art. literature

ion of the adult."

The Newspaper Habit

taken by booksellers and stationers to order, and a system was in vogue for ending out the Times for so long at Queen Victoria's Jubilee in 1887 which readers, national interest was keen and persons who had begun to "taste" a paper formed the habit. The Boe War gave a great fillip to the new cus

# Joke Causes Death

joke caused his death.

tig. "Stick 'em up" he commanded. A passing patrolman heard. He saw that Conrad was carying a topcoat draped over his right wrist as

"Drop that gun" the policeman shouted.

Conrad couldn't obey becarse he had ne gun. Speechless with fright he backed away. The policeman fired and killed him. Conrad was 29.

#### SHE LOOKED FAT AND FELT IT

Now Getting the Pounds Off

Takes Hot Water, Lemon Juice-and Kruschen Salts A few surplus pounds of fat can make a lot of difference. A woman who has taken 11 lbs. off her 139 lbs. says she feels so fine and happy." She writes: Two years ago I suffered with pains in my arms and shoulders, so I decided to try Kruschen Salts, seeing in the papers what it had done for others. Although I only weighed 139 lbs., I looked very fat and felt it. But after taking a spoonful of that wonderful Kruschen every morning, in hot water beards as well as in style from 1480 to and lemon juice, I went down to 128 lbs., and I must say I feel a lot better for it. I have no signs of any pain think this is my sixth jar. I feel so have done to: me. I have a friend here that has started taking it, and she has reduced from 138 lbs. to 132



they possess reducing qualities in themselves. This is what they dothey clean out the impurities in your blood by keeping the bowels, kidneys

And after two weeks your excess flesh; and since then ample proof has been Carlyle, Brahms, all -wore beards. lbs."—(Mrs.) E. E. starts to go—you'll know it—feel it— given, particularly through the extension of the ex

# On Laisure Hours

Speakers Suggest Their Own Hobbies, Music, Science, Languages

work has been lightened by modern suggestions on how to spend her leis-ure time. They came from speakers Exposition who propesed their own

Mme. Olga Samaroff, active in mu sic circles, suggested music appropri-ation as a pleasant and educational way to pass leisure time.

rator of the American Museum of Natural Health, proposed explorations appreciating what s going on about Miss Winnifred Fisher, executive

and languages, as suggestions.
"To know how to find information tain abundant stores of the mineral ele

on science, art, literature and languages," she said, "is one of the great-est steps recently added to the educa-

At Yarmouth, England, on Sept. 14, 1883, two small boys, brothers, called

it the office of the local evening jour nal ard asked for a job of seling papers. They were taken on, and that night sold six dozen each and earned is apiece. One of those brothers is the present Mayor of Yarmouth. The other is Alderman Ernest James Middleton, J.P., who was Mayor in 1922 tries in which the winter is mild and and again in 1926. He is the head of a company with many branches en-gaged in the wholesale newspaper trade. In an interview on his fifty years in the newspaper trade, Alder-

man E. J. Middleton said that when inhabitants could read, but the Board Schools were beginning their good work, and fathers took home the evening paper for their better educated hildren to read the news to them after tea. London papers were only ld per hirer. Buying a paper daily was then considered a luxury. It was

New York .- Fred Conrad's little New York .- Mrs. Franklin D. Roos velt told an audience at the exposition In a spirit of fun he approached a of Women't Arts and Industries tha automobile in which friends were sitwith women's ever increasing influence

in every walk of life, they have that nuch more responsibility.
"It is always a thrill to see wha women are doing and what they can do in business. It adds to my already firm conviction that women are becon ing more and more of an influence in every walk of life.

"It is true that women are becoming for their thought that is spreading throughout the world-and action al ways follows real thinking."

With Mrs. Roosevelt on the platforn Miss Dressier said, "You can't tell m what women can do. I know." "Den't ever be pessimistic. That" my commandment '

Canadian Root Growth

Canadian field root crops, both i yield and quality, raised from Cana dian-grown seed are in many cases superior and in all cases equal to crop of the same varieties grown from im ported seed. However, previous to the Great War there existed a conception in the Dominion that field root see grown in Canada was not capable of producing as good crops as seed of ope. Until that time the amount of field root seed raised in Canada was neglig ible, the bulk of the seed used being imported from Europe, supplemented by small quantities from the United States. During the war imported seed energy you'd almost forgotten had down the acreage of crops. The De existed. partment of Agriculture led the way the common sense way to reduce—but Kruschen Salts is obtainable at all and Stations, of the continued stability don't take them with the idea that Drug Stores at 45c and 75c, per bottle, of Canadian grown seed.

# 11-King of Bashan Answers to Last Week Puzzle

17-Whether

=!-Borders

\_\_\_\_\_

25-Watery

27—Fruits 28—Beds

S-Wharf

40-Chief

author

56—Box 58—Crony

60-Donker

9-Intermediate objects 62-Note of scale

61—Exclamation

64-Prefix: again

45-Smallest

51—Negative

J-Type measure

25-Sacred writings

30-Teriod of time 33-Close 35-Cravats

43-Flower of aster

46-Famous French

53-Part of "to be"

tamily

**OUR CROSS-IVORD PUZZLE** 

45-Finish

47—Actual

19-Position

50-To stupely 52-Ostrich-like bird

54-Greek letter

55-Unruly crowd 57-Light device

7-Possessive pronoun

Vertical

59-Sun god

61-Wine cup

63-Flower

65-Terrifies

1-Vehicle

-Officer

6-Decayed

10-Conjunction

7-While

2-European fish

4-Poetice above

-Babylonian god

68-Tidy

1-Muse of history

-Crusiacean

14-Unit of work

20-Chaldean city

27-Pertaining to ears

26-Common carrier

29-Former title of Jap-

anese military chief

Prairie Soil Superiority

The essental or distinguishing char

cteristic of the Western prairie soils

is the possession of a large proportion

of vegetable matter and its concomi

ant nitrogen. It is to this act unques

tionably, says the Dominion Chemist

that these soils primarily owe their re

markable fertility and lasting quality

For the most part, they certainly co

ments of plant food, but in this respec

they do not differ from many soils o

less productiveness in other parts of

centage of nitrogen-holding humus

forming material and its intimate co

poration with the sand and clay tha

give to these soils their superiority

hemically, physically and biologicall

Lastly, there is the winter with its in

tense cold practically locking up the stores of plant food from the autumn

until the season opens again. Waste

Jane Austen's First Work

Given to Oxford Library

Oxford, Eng.-A number of small

manuscript notebooks of Jane Austen's

ontaining scraps of verse and prose

all written before her eighteenth year

have been acquired by the Bodleian Library, Oxford. These fragments

have been presented to the library by

They include a dramatic sketch

ome poetry, and a collection of short

stories which resemble potted novels. They are said to be absolutely value-

less in themselves, though possessing

great interest as the first efforts of a

famous writer. They have been pub-

lished at Oxford, under the title, "Vol-

Woman Increases As

Responsibilities of

open, is thus prevented.

the Bodleian."

(abbr.)

Part of foot

41-Southern state

(abbr.)

41-Harvests

12-Assistant

13-Stockings

15-To exist

16—Outbreak 18—Conducted

---Suits

21—Title

31-Card

22-Fruit

It's a Queer World!

For the best 500-word essays or How I Would Cure Unemployment, written by unemployed men, the Lor Mayor of Nottingham, Councillor H. S. Whitby, has offered four prizes.

Of the 4,000 official life-guards on

duty in England this summer, more than 1,500 were women. A free lending library for toys and games has been opened in New York. The New York "toyery" is the first result of a national campaign to give

ooorer children toys.

A man's death through being bitten on a finger by a lamb was the subjec of an inquest at Pontrilas, Hereford. In Asia, which contains half of the population of the world, the mother and not the wife holds first place in a man's affections throughout his life A peat fire at Ye Chequers Inn, near Osmotherley, Yorkshire, has been kep

burning continuously, day and night Dr. Alexander Cannon, author and cientist, claims to have invented machine which, among other wonderful feats, will record unmistakably whether two people are really in love.

whether two people are really in love. "Earth smoking" is not uncommon in countries where smoking materials of short-term variety. We don't hear are scarce, as in the Kalahari region so much about the wolf at the door of South Africa. The natives lie on the ground with their mouths over a small hole that leads to the bottom Her Influence Grows of a pit filled with burning leaves—and it, we keep our advice tightly corked. ne earth as a pipe

The poorest man in St. George, Bermuda, lives alone in one of the best nouses in the town—the poorhouse. This establishment is a mansion which s the only inmate.

Fair Collects Millions

Chicago.-In four months the Cen tury of Progress exposition here has taken in \$27,000,000 from its 17,000,-000 visitors, who have spent such enormous sums as \$1,000,000 for sou renirs and trinkets, \$200,006 for pop corn. \$186,000 for dough juts and \$1.

870,500 for rides and amusements Out of the total receipts reported approximately \$6,500,000 was for admission tickets and the remainder was money taken in by concessions. As all the concessions do not report, there was more money spent than is included in these figures.

The Skyride, which carries visitors

a ross the lagoon in cable cars at a height of 200 feet, took in \$600,000, and the Belgian village, \$481,000.

Position Offered To a Very Nice Boy Sydney.—There's a job waiting in

"Young, orphan, preferably nor smoker, and non-drinkr, good Christian, character beyond question, ver affectionate; must not chase girl read novels, or be calkie-mad: intelli gent, smart in action and ability." The would-be employer is the leader of a small church sect in Tasmania, and he wrote, giving these require-ments, to a Sydney clergyman who conducts a private employment bureau for boys and girls.

are the qualifications:

The clergyman promptly refused to have anything to do with finding such a boy. "What he needs is not a boy. He wan's a monstrosity."



One of Life's Little Jokes child of our neighbors has eater Just the things that he wanted-from

pickles to earth.
Now our child has caten the things which he should Regardless of whether he thought

them so good. Yet the child of our neighbors seidom is ill. And we're "always paying on some doctor's bill.

Foreman-"How is it that the other or makes such a very thin joint with ils mortar?" Bricklayer's Apprentice—"Habit, s... He's been working in a sandwich

urray a decided uniformity in the contents of my mail this morn-

Man-"About all my letters begin with the same word-'Unless'. "Why are you rushing about like

his on a hot day?" "I'm trying to get something for my "Had any offers?"

Fly Fisherman-"Did you catch a hose trout with nothing but worms?" Boy-"Oh, no: Ther was brains a he other end of the line."

God created the world in six day n.I the nature of the job is shown by the fact that it has taken men centuries to wreck it.

Sergeant-"Say, Top, how would yo ike to lend a friend a five?" Top Sergeant-"Buddy, I'd like it, out I haven't a friend in the world."

"Police Notice: Locate airplan flown by young woman of high wing monoplane type-with green fuselage and orange nose."

Great Expectations The commercial traveller was antici pating an interesting event at home and gave instructions for a telegran to be sent to him as soon as it happe ed. He was, however, scarcely pre pared for the following:

"Twins-boy and girl-arrived this morning. All doing well. More to fol-

on a long journey into the heart of ing to breeders. Africa. In concluding his remarks, he said: I thank you for your kind wishes re

garding my welfare on my dangerou journey, and want you to know that livestock investigator, Ontario mar when I am far away, surrounded by keting Board, "and a comparison o ugly grinning faces, I shall certainly think of you."

Respect or appreciation does not al ways go to the man who most deserves

Mr. Dumm-"It doesn't take much to urn a woman's head." Miss Smartie—"That's right.
just turned to look at you."

Simple Truths Never take a man's last dollar: he's able to turn around and borrow from you. Women don't mind dieting themselves but they hate a mar around the house on a diet. An am bitious wife is many a man's self starter. Many matrimonial bonds are starved to death. As wise men do not need it and foolish men will not take Mid pleasures and palaces though we roam, we still like to raid the ice box

Young Author-"The art of telling a story consists of knowing what to leave unsaid."

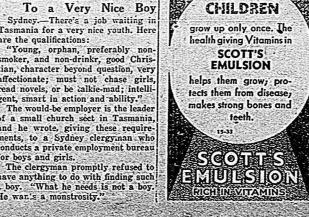
Married Rounder—"It doesn't make

any difference, my boy. My experience is that she finds out, anyway."

"I know what you're thinking about, he said. "Well, why don't you?" she whisper ed. "Nobody's looking."

Motorist Well Equipped Vancouver.—Here's the latest in ap-liances for automobile tourists

Charles Vanauker, who has arrived at: Vancouver in the course of his wanderings about the continent has equipment for canning fruit or ber-ries in his old-time automobile, which also contains a bei, gasoline stove and other household furniture.



# MORE SMOKES

That's what you get when you buy Plug Tobacco . . . lasts 1/3 longer, gives 1/3 more smokes, cuts 1/3 off smoking cost.

# DIXI ONLY 20° A BIG PLUG

in the contents of my mail this morning. Julia."

Of the two principal outdoor festivities in the Dominion with which the passing of the ears does not seem to interfere. The other is "sugaring off" at maple sugar time in the early days of

**Farmers' Notes** 

spring. Farmers Must Produce To the man in the street, any a

tempts to increase production in these days of depressing world surpluses seem a waste of time, or even He forgets, says Mr. L. H. Newman Dominion Certalist, that the problem of the individual farmer differs vastly from that of the nation as a whole, in that the capacity of the farmer to carry on and pay his way is measured in no small degree by the yields he realizes per acre. To the farmer, the acre is his unit of production. If his acreage yields per acre, whether converted into milk, mutton, or beef, or disposed of in their law state, are no sufficiently high to enable him to mee his obligations, he must either suc cumb entirely or he forced to adont a standard of living which removes him as an important factor in the problem of keeping the wheels of commerce

A bright feature of the egg market is that this year promises to be the heaviest egg-exporting season since 1926.

Good Bulls in Demand

moving.

Lately, a very definite increase in the demand for registered Holstein bulls, with creditable backing, has beome apparent in all parts of Ontario been particularly noticeable since the new Premium Policy went into effect in June. As a result, prices have An explorer was speaking at a din-strengthening and even higher values her given on his behalf before he left are likely to prevail this Fall, accord-

Limited Ocean Space

"The volume of livestock export this year is considerably greater than that of last year." said Garnet H. Duncan. keting Board, "and a comparison of sales, in Great Britain, discloses that top prices have been received for cat le of 1150 to 1300 pounds."

Mr. Duncan said that Ontario feed ers still have a considerable number of cattle available for export, and lack of ocean space seems to be the only factor restraining even greater ship-

For the present, prospective individ ual shippers should communicate with livestock agents in Montreal, with a view to securing any space which may be offered from time to time.

World Conference Hopes Are Revived

don.—Hopes have been revived of an early resumption of the World c Conference, rumor having i that further negotiations are waiting only on the statement which President Roosevelt is epected to make shortly of his government. The improvemen in American conditions, brought about by the resolute handling of interna problems by the National Recovery Administration, has removed the ol stacle which blocked the way to inter national co-operation last July, and United States-refreshed and recup erating under the New Deal-should not enter into negotiations for the egulation of external problems with

Should the view, held by some per ple in the City, that the British Government should now definitely align the pound with the dollar in parallel schemes of reflation, gain strength i the country, there seems to be adequate reason for the resumption of international discussions, with a fai prespect of success.

The Cold Frame

Autumn is the best time for th mateur gardener to erect a cold frame. A cold frame is much like hotbed in appearance, but is withou manure. It is used in the spring either for seeds or for growing plants taken from the hotbed before they can be se out in the open, or it may also be use flower lovers who start plants in the house and who cannot get or do not desire to use manure.

According to the directions of the

ircular of the Dominion Department of Agriculture on how to make and us hotbeds and cold frames, the frame should be made with sides and ends of twelve-inch boards, preferably two inches in thickness and placed on a slopee so that the back part of the frame is six inches higher than the front. By getting the cold frame ready before the winter sets in, considerable when it would be impossible to erec the frame owing to the frost in th ground.

#### Classified Advertising

AGENTS WANTED.

ENTS WANTED-BIG PROFITSuring Company, 1884 Yonge, Toron HOMES WANTED FOR CHILDREN.

PREE HOMES WANTED FOR BOTH Protestant and Catholic boys from tur to ten years of age. York County Children's Aid Society, 5 Toronto Street,

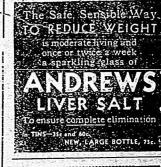
MEAT SLICERS. F OR SALE-MEAT SLICERS FOR Butchers, Grocers and Restaurants, Naw and factory rebuilt as low as \$50.00. Write Ferkel Products Co., Limited, 125 York Street, Toronto. PATENTS.

A NOFFER TO EVERY INVENTOR List of wanted inventions and full intornation sent free. The Ramsay Company, World Patent Attorneys 273 Bank Street, Ottawa, Canada.

### FINE REMEDY FOR ACID STOMACH

Four out of five people have acid stomach whether they know it or not rains after eating, belching, gas, and bloating are all signs of too much acid. A spoonful of Essurated Magnesia after meals will overcome this condition within three minutes. Any oruggist will tell you that 'try it and see.

Little joys reiresh us constantly, lik ouse-bread, and never bring disgust; and great ones, like sugar-bread, brief ly, and then satiety.-Richter.



Cutieura Soap Price 25c.

TIRED AND **IRRITABLE?** 

Teke Lydia E. Pinkham's Vegetable Compound

It steadies the nerves and helps It steadies the nerves and neight to build you up. You will eat bet-ter...sleep better...look bet-ter. Life will seem worth living again. Remember that 98 out of 100 women say, "It helps me." Let it help you too. Liquid or tablet form, as you prefer.

#### SOURED ON THE WORLD?—THAT'S LIVER

Wake up your Liver Bile -No Calomel necessary —No Calomei necessary

Many people who feel sour elegration and
generally wretched make the mistake of taking
gaile, oil, mineral water, inastive candy or
tended to the mineral water, inastive candy or
the boreks and ignore the liver.

What you need is to wake up your liver
like. Start your liver pouring the daily two
pounds of fiquid bile into your bowels. Get
your stomach and intestines working as they
should once more.

(Carter Little Liver Pills will soon fix you
up. Parely 'recetable. Safe. Sare. Quick.
Ask for them by name. Refuse substitutes.

25c. at all druggists.

Caked Udder Cleared Experienced dairymen find Minard's articularly good for treating caked adder, lumps, bruises, colic, etc. Keep ottles in stable and house. 91



DANDRUFF

And All Skin Diseases Overcome
White specks on your coat collar
mean only one thing. Your scalp is
diseased. Get D.D.D. Prescription at
once. Millions of people have found
quick, happy release from Dandruff
and all sorts of irritating skin froubles
since Dr. D. Dennis developed the
D.D.D. formula for his own private
practice. D.D.D. Prescription is now
made and endorsed as a idependable,
quick remedy for skin and scalp diseases by the chemists who compound
Campana's Italian Balm. At drugsistrial size 35c. Guaranteed to give instanticular
or moory refunded.

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