



For a Balanced Diet..
serve Healthful
KRAFT CHEESE

Made in Canada by the Makers of Velveeta and Kraft Salad Dressing



The above photograph shows Captain R. C. Malin, R.D., R.N.R., whose appointment as Commodore of the Cunard Line has just been announced. (Cunard Photo)

Owl Laffs

Sunday-School Teacher—"And when the prodigal son returned, what happened, Tommy?"
Tommy—"His father ran to meet him and hurt himself severely."
Sunday-School Teacher—"Wherever did you get that impression?"
Tommy—"It says so right in the Bible—that his father ran to meet him and fell on his neck."

Jack—"Say, Mary, are you going to the party to-night?"
Mary—"I'll say I am, Jack! I'll be there with bells on!"
Jack—"Okay, I'll ring you later."

Hotel Keeper—"I have rooms for fifty and seventy-five cents a night."
Guest—"What's the difference between them?"

Hotel Keeper—"Not much, only the seventy-five-cent ones have rat traps."

The teacher was examining the class in physiology.
Teacher—"Mary, you tell us, what is the function of the stomach."
Mary—"The function of the stomach is to hold up the petticoat."

Tramp—"You're equal to any situation, aren't you?"
Second Hobo (scornfully)—"Equal? I'm above it!"

Wife—"John, is it true that money talks?"
Husband—"That's what they say, my dear."
Wife—"I wish you'd leave a little here to talk to me during the day. I get so lonely."

One reason for so many divorces is that so many fool people insist on getting married. A girl sings this defiant refrain: "I'd rather freeze in B V D's than to wear long underwear." We will be better off when the brain instead of the pocketbook creates our opinions. Washing clothes can become dry work. Most of us forget the lucky breaks and remember only the bad ones. A man who makes a lot of money is considered a wonder, and we know a lot of girls who work wonders. It must be terrible to have money to burn and not be able to start a fire. I don't mind marrying a flapper—if she's a pancake flapper. To see a long way behind doesn't require much gray matter.

Nurse (going off duty)—"Is there anything else you wish, sir?"
Patient—"Yes, kiss me good night."
Nurse—"I'll send in an orderly—he does the dirty work."

Epitaph of Pneumonia Victim
For her on the front door
They've rung a wraith;
She would wear naught above,
And less beneath.

Wife (to husband, at dinner)—"You won't read that book of etiquette, and now look at you. Here's the desert and all you've got left is a butter spreader."

Tommy—"Ma, do I have to wash my face again before dinner?"
Mother—"Certainly, dear."
Tommy—"Aw, gee, why can't I just powder it over again like you do yours?"

"Oh, yes," said Mrs. Gadgett, proudly, "We can trace our ancestors back to—well, I don't know exactly who, but we've been descending for centuries."

Harry—"I'm forgetting women."
George—"So am I. I'm for getting a couple as soon as possible."

Dialects

A classification of the various dialects common to certain regions of the United States is now under progress, it is announced at headquarters of the Yale University.

Eight hundred questions are to be asked of representatives of the older and younger generations in all their communities. They will be asked, for instance, whether they call a certain edible a doughnut, a cruller, a fried cake or a fat cake. They will be asked whether a cherry has a seed, a stone or a pit.

Does the husband call his partner a matrimony "my wife" or "my woman," or "the wife" or "the missus"? The dialect dictionary will make a note of it. Is the male parent in a family known as "father, or pah, or pop, or popper, pappy, dad, daddy," or what not? Is mother ever known as "maw," or "mah," or "mommer"?

The field workers will obtain phonetic answers. All strata of society will be quizzed. The entire atlas is to have 1,500 maps of American dialect.

On the Mountain

She passed like a running flame,
He did not see her, but the leaves she touched
Were edged with proud fire,
And the wind blew haughtily all day
Above her track.

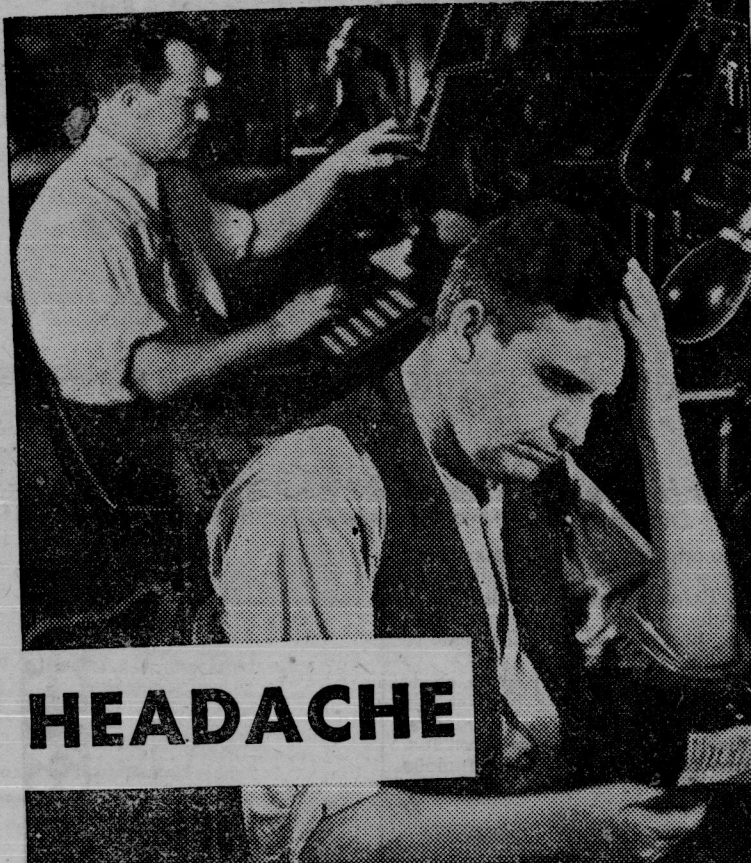
A deer by a spring looked at him and said:
Do you think you can overtake one
Who is feeter than I?
And drank and nibbled as if Autumn
hand not come
With Winter under her apron.

The deer knew that high up
All the leaves were brown.
And the wind whipped them sullenly,
And a trail of white ashes lay in the
road;
But he who was only a man, ran on.
—Olive Tilford Dargan, in "Lute and Furrow."

MOURNING WARDROBE

"A death occurred in our family and I had to go in mourning. I could hardly afford to buy all black clothes, so I decided to dye what I had. I consulted our druggist and he advised using Diamond Dyes. Everything came out beautifully; coats, wool dresses, stockings and all. I have since learned to appreciate the excellence of the black Diamond Dyes. I tried another black dye and the results were impossible. I had to get Diamond Dyes and do the work over. Recently I have tinted my curtains a beautiful raspberry shade and dyed a rug a lovely garnet with Diamond Dyes. They are real money savers—the finest dyes you can buy—I truly believe."

Mrs. G.K.L. Montreal.



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Nerves on edge. A head that throbs. You can't stop work, but you can stop the pain—in a hurry. Aspirin will do it every time. Take two or three tablets, a swallow of water, and you're soon comfortable. There's nothing half-way about the action of Aspirin. You will always get complete relief when you take these tablets.

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neuritis, rheumatism, etc.; or lose any time because of colds or sore throat. Get some Aspirin and just follow those proven directions for instant relief.

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A8

To Ease a Broken Heart

I'm putting on my scarlet dress,
My flowered hat, too,
And if I look a bit bizarre—
Why, what is that to you?
Broken hearts and sombre things,
Those are all passe,
And so are you, and so is he,
And so is yesterday.
So fasten up my red dress,
I won't be seen in blue,
And if I die to-morrow,
Why, what is that to you?
—Carol del R. McMullen, in the
Minneapolis Journal.

Imaginary Evils

Imaginary evils soon become real ones by indulging our reflections on them; as he who in a melancholy fancy sees something like a face on the wall or the wainscot, can, by two or three touches with a lead pencil, make it look visible, and agreeing with what he fancied.

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Lovely Skin

Vegetable Pills Did What
Creams Couldn't

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Dr. Carter's Little Liver Pills are no ordinary laxative. They are ALL VEGETABLE and have a definite, valuable tonic action upon the liver. They end Constipation, Indigestion, Biliousness, Headaches, Acidity. All druggists. 25c and 75c red packages.



PUT HIM OFF HIS PIPE

Indigestion and Acidity

"A few months ago, I had an attack of indigestion, heartburn and acidity, and had no appetite for meals, especially breakfast. I am a pipe smoker, and for several days I felt so ill I could not even look at my pipe. I decided to try **Kruschen Salts**. A few days afterwards I found that the heartburn and acidity had gone, and for the last five or six weeks I have been in my usual good health. I can now enjoy my pipe-smoking, and in fact feel about 10 years younger."—R. P.

When your digestive juices fail to flow freely your food lies in the system and ferments, thus causing the distress of indigestion. The "little daily dose" of **Kruschen** first stimulates the flow of the gastric juices, and then ensures complete, regular and unflinching elimination of all waste matter every day.