

FE TO BED

She Could Not Restored to Health E. Pinkham's Vegetable Compound

"I am a practical I recommend Lydia E. Pinkham's Vegetable Compound to... For three months she was unable to get on her feet..."



The Road To Better Health

MAKING CHILDREN EAT

By DR. ARTHUR L. FORSTER

Note: Dr. Forster will answer such health questions in these columns as will be of interest to others and permissible in public print.

Years back, children who exhibited a finicky appetite had a rough gastronomic road to hoe. It was a case of—no soup, no pie. And in order to get the pie, they ate the soup, however distasteful it may have been.

The Problem of Feeding

Making children eat what is good for them always has been, and is, and always will be one of the biggest problems connecting with their upbringing.

First of all, however, the parent should learn the reason behind the child's capricious appetite.

Some Ways to Solve the Problem Assuming that a child is physically and mentally normal, but just lacks interest in his food, the following measures will be found helpful:

Milk—Let the child take it through a straw. Allow him to pour it himself into his glass.

Eggs—In cases where a dislike for eggs is exhibited, they (the eggs) may be put in custards, puddings.

Some Ways to Solve the Problem

HEALTH QUESTIONS AND ANSWERS

Tea Irritates Kidneys I. G. writes: (1) Is tea good for the kidneys? (2) If so, what effect has it on the kidneys? (3) What quantity should be taken?

Breads

Breads—A child who objects to bread will generally eat in the form of a dainty sandwich, French toast, etc.

Cereals—When cereals are declined, they may be made more appetizing by the addition of fruits—bananas, berries, peaches.

Vegetables—If vegetables are objected to, they may be prepared with their mode of preparation.

THE SANDS OF TIME ARE SINKING Mrs. Annie Ross Cousin, author of this striking hymn, was born in 1824.

THE SANDS OF TIME ARE SINKING The sands of time are sinking, The dawn of heaven breaks.

THE SANDS OF TIME ARE SINKING O Christ He is the Fountain, The deep sweet well of love!

THE SANDS OF TIME ARE SINKING With Mercy and with judgment My web of time He wove;



RT. HON. F. O. ROBERTS

Mr. Roberts, who was Minister of Pensions in the Ramsay MacDonald Government and still represents West Brough in the Imperial Parliament, is now in Canada as representative of the British Trade Union Congress...

ANIMALS ARE INDIVIDUALS

(L. E. Eubanks) When I was a boy, I had a friend that liked the shells of peanuts just as well as he did the kernels.

Because some foxes visit chicken houses is no proof that all foxes do. Individuality among animals is just as much a fact as it is among people.

My Lord says, "Come up Hither," My Lord says, "Welcome home;" My King at His white throne My presence doth command.

With Mercy and with judgment My web of time He wove; And aye the dews of sorrow Weave lustred, with His love;

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The Aroma Captivates "SALADA" GREEN TEA

Pure, uncolored, delicious. Ask for it.

his suspicion elsewhere. The result was the capture of a giant rat, and that ended the chicken killing.

The most loyal defender of those animals commonly called chickens thieves does not claim that they are all guiltless; but we do assert that if only the guilty individuals were slain, and if man would avoid the creation of the appetite he deprecates, there would be little cause left for complaint.

While sinks life's lingering sand, To hail the glory dawning In Emmanuel's land.

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My prices, as heretofore, will again be the lowest consistent with quality, and I solicit your patronage on my ability to serve you well.

See my new stock of Groceries, Boots and Shoes and Dry Goods. Everything on my shelves is priced right and guaranteed new and up-to-date.

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