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## Right Ideas About "Growing Up"

By EDITH L. REID

"You forgot something," Mother called to Gerald as he left the dinner table to join his playmates in the

With reluctant feet and half sulking, Gerald came back, "When I grow up I'll never fold my napkin," aches. Often she is in real pain, but he said, cramming a rather rumpled still refuses to give up. This very piece of linen into the ring, and banging the door by way of emphasizing she continues to neglect the signals | Consider your opinion; his resentment.

"When I grow up I won't wear rub- suffer a serious breakdown. bers ever," pouted Betty Lou, when A noted doctor has stated that ninereminded of the wet sidewalks as she tenths of the ills of womanhood are started to school.

tions-they don't have to learn any appetite and palpitation that make old multiplication tables," grumbled life a burden for so many. Joe, as he struggled over the "nines". There is no need, however, for wo-"When I grow up, I won't have any men to suffer in this way. All the books except about knights and air- miseries of anaemia can be banished planes."

These expressions of rebellion and These Pills create an abundance of dozens of others similar in tone are new, rich, red blood and this new heard all too often by parents and blood will bring strength and vitality Pretending you are really teachers. Children complain about to nervous, overtired women. The restrictions and what they regard as Pills are sold by all medicine dealers No matter what your station, the freedom of adulthood.

Such a condition of mind is annov. Dr. Williams' Medicine Co., Brock- 'Tis not the shop location ing to those who have the training ville, Ont. of boys and girls. But the truth is that the child's attitude toward the Oil Age Gives New Speed ed in early years by those in author-

the table implies more than mere so use of the products made from crude ciaf conformity, it will very soon lack oil, and hence this is the "Oll Age," interest for the small boy. Let according to Stephen Leacock, lectur-Mother introduce this habit as a test er and professor of political economy of advancement in ability to do things, at McGill University here.

a napkin might become to Gerald an from the ground. opportunity to display development. | With the appearance of oil, says Mr.

Betty Lou's mother may almost en- up. The globe seemed to shrink betirely remove this worry by making neath our feet. Its vastness was all To find in later years that we may, this a milestone in her small daugh- gone. From end to en: it was searchter's judgment and self-reliance.

decide whether you need to wear brought all civilization into one. The rubbers, dear. If I am not mistaken motor car unified the world and turnyou can see when it is cloudy and ed the jungle into highways." when the walks are damp just as Though crude oil has been known well as I can. En I am going to give for centuries, it remained for modern you this 'growing up' privilege this man to learn how to make it into week. You may prove to me whether really useful products. I am right."

When the week is ended, Mother Now and then, when time hangs may again say, "Well, you did pretty heavily on our hands, we indulge in well, but just to show you are really idle, foolish thoughts, and just at this ready for this responsibility all the moment we are wondering whether, time, we will try the plan one more three or four years hence, Colonel

At this very point Betty Lou be- trouble in conquering the heir. gins to sense that "growing up" is not throwing off rules, but learning to apply them through personal choice. By such a course the child loses the false notion that to grow up is to "do as I please". Growing up becomes a dignifying experience of

When mothers hold out responsibility as a trophy to be won by diligence. and acclaimed as an accomplishment, good habits and resourcefulness will result. Resentment will die unborn or become submerged in the zest of worthy performance.-Issued by the National Kindergarten Association, 8 West 40th Street, New York City. These articles are appearing weekly in our columns.

### Secretary Bird Not

Intimidated By Snakes A jaunty-looking bird, adorned with feathers on its head, like an Indian, is ca'led the Secretary Bird, because someone has thought it resembled a person carrying quill pens behind his It inhabits Southern Africa, and is a deadly and effective enemy to serpents, which, constitute its main item of diet. Poisonous serpents are nothing in its young life. It merely guards with its wing, when a serpent rises to the attack, and with its wing dashes the snake to the ground, finishing it off with its powerful beak. If the snake, like Charles II, seems unconsciously long in dying, the bird grabs it by the neck, rises to a great height and drops it.

Snakes, however, are not its only food. Lizards, turtles and insects, besides snakes, are found in the stomachs of the birds. Frogs and toads are also on its menu. It has long legs, and can travel with amazing speed, which has caused the Arabs to call it "Ferras Seytan," or devil's horse. It is about three feet in length, and a slate gray in color. It builds a nest in the top of a tall tree, and deposits two or three large white eggs. Because of his usefulness in destroying serpents, a fine was at one time imposed on anyone found shooting one.-From "The Humane Pleader".

---Lethbridge, Alberta.-Sugar beets grown on phosphated fields have matured more rapidly than those grown on untreated fields, according to T. George Wood, district manager, who said that the sugar factory at Raymond is exceeding its expected slicing capacity and will likely average 1,050 tons of beets a day.

This year's world output of gold is estimated at \$404,000,000.

# Woman's Fortitude

Forces Herself to Smile Through Pain.

"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 backfortitude is apt to be her undoing. of distress she will sooner or later

due to poor blood. That anaemia is "Teachers only have to ask ques- the cause of the low spirits, the poor

> by taking Dr. Williams' Pink Pills. or by mail at 50 cents a box from The

# To World, Says Leacock

Montreal-The modern era is dis-Unless the folding of the napkin at tinguished from all others by man's

"I believe you are almost big en- Petroleum was known for centuries. ough to fold your napkin now with- Mr. Leacock says, but the modern To find a child, and still its sorrow- The coming of Thanksgiving Day. out anyone to help you match the uses for it were net discovered until corners. Let's try it for two Jays the nineteenth century. Modern and see just how well you can do." scientists, while they agree with Mr. After the two days the time may be Leacock in recognizing the discovery extended to a week, always with the of oil and its importance as a basic challenge to his growing powers of product, stress man's ingenuity in Unto the child, which just a flower responsibility. This manner of train- perfecting methods of scientific refining removes he idea of a command. ing, and attach secondary significance From a mere rule of etiquette folding to the quality of the crude as it comes It is the many little things we do

And as to the wearing of rubbers, Leacock, "all the world was speeded, ed and ransacked for oil. The white "I believe you are old enough to winged plane and the motor boat

Lindbergh will not experience some



#### Be Yourself!

Know what you want and take it. Don't dither all the day; But if you cannot make it, Then put the hope away. Don't spend your time repining For what you cannot gain,

Accept the silver lining In every cloud of rain. Know what you mean, and say it;

Don't use another's phrase. In kindliness convey it, Your censure or your praise. Don't take it ready made. Your mind's your own dominion;

To think don't be afraid. Know what's your job, and do it With all your heart and power; Don't merely shuffle through it With one eye on the hour.

For every occupation Is worth while doing well; Theres' such a sure elation In knowing you excel.

Be what you are sincerely, Not apeing other men. One of the upper ten. 'Tis character which tells;

## Mighty Things

But what it stocks that sells.

would not do the many mighty things. But rather stay from out the mad

crowd's throng. To find a beggar-man whose days are long

Uplift its head and make aright each

breathe a song

That are the truly mighty things of No hope is his save that his breast

Unmissed by us, some kindness to impart,

Feed on those when shadowed days are rife. And find the flower growing in our

-R. A. Hamilton.

#### Music of Night

Between the hours of dusk and dark. I paused before a forest dense. The leaves were still, no sound, no

And trees stood grim in stern de- way."

When darkness fell I turned to go-A halting breath, a minor strain, thought I saw a moving form. And then I heard a weird refrain.

My pulses leaped, my heart was taut, I seemed to feel your kiss once

And heard your deep voice say, "My May I have just one wee encore?"

Was fancy, playing me a trick, Or branches weaving shadow lace? The music rose in lilting notes. And I was sure I saw your face.

The notes were plaintive, fainter now, Bright moon shafts crept across the

I looked again, no one was here-Did I see Pan or was it you? -"Flaming Olive."

Doctor - "Say ninety-nine twice." Patient-"One hundred and ninety-

Cynthia: "Are you engaged to Harfirst refusal of him."

# 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 diet your way out of the trouble! Take a tablespoonful of Phillips'

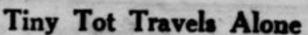
Milk of Magnesia. This will neutralize the excess acid instantly; make you feel like a new person in just a few moments. Take a little whenever heartburn, sick headaches, nausea, flatulence, indigestion or biliousness show the

INDIGESTION SOUR STOMACH HEARTBURN CONSTIPATION GAS, NAUSEA acid. Whenever you are taking cold or feel sluggish, weak, constipated. Phillips' Milk of Magnesia has a

PHILLIPS T

For Troubles due to Acid

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 digestive system is becoming too name Phillips' for your protection.





Three thousand miles by ocean steamship and a further 1400 miles! Like some soft minister of dreams over land-all the way from Edinburgh to Winnipeg, has no terrors In wood and water, earth and air, for little Joyce Braidwood, aged 31/2. who recently sailed unaccompanied by Canadian Pacific liner Duchess of The evening deepens, and the gray Atholl, from Glasgow to Montreal. Canadian Pacific transportation ser-The world seems shrouded for away; vices once more took care of her at -A. M. F. the latter city and conveyed her to waiting friends at Winnipeg with whom she will live.

## Owl Laffs

The Turkey

It saddens me to see the turkey And share my meal as if we two were As, with mind upon his work, he Views with undisguised dismay

Cranberries cause him much alarm, Or pluck a wayside flower to Chestnuts give him collywobbles, Wring from him most plaintive gob-

> His sojourn sad and grim, No kindly Providence for him, May lie beneath an alien vest.

posed to Harold myself to-night." Her Mother-"You must be mad!" Beautiful Daughter-"You're darned right I am! He turned me down."

people to-day is that they do too much | enough. 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 any-

Pauline-"I'll not give you a kissand don't dare hit me too hard!"

#### Aren't We All?

The scene was the smoking room on a popular train. The newcomer of fered his package of cigarettes to the only occupant, but his offer was declined with: Occupant-"No, thanks, just finish-

ed one. Or rather, six would be more keep my mind off of business."

Newcomer-"Business not so good?" Occupant-"Not so good? (grouchingly) It's terrible! Every merchant I've visited this week is complaining, the words right out of your mouth?" Some of 'em spent an hour or more Husband: "No; you took them wrong, giving me the gruesome details, and as usual." now they've got me feeling the same

Newcomer-"I don't see how they

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 takold?" Clara: "Oh, no; I've only got ing 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 ex-

ceeded that of last year." Occupant-"Say, 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 'kid' you; 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

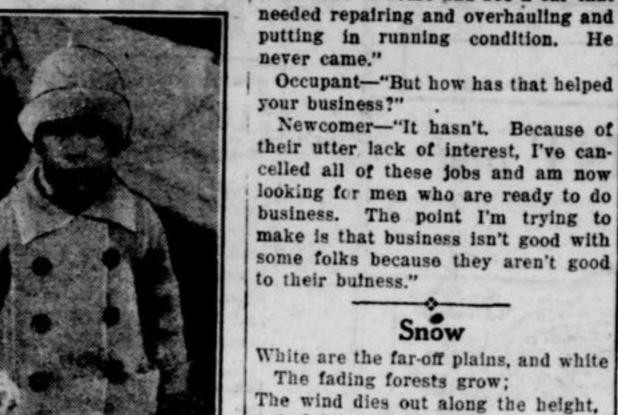
just down in the dumps, and I forgot myself. Here, have one of my cigarettes, and then tell me how you put it over." Newcomer-"Put it over? I didn't

know I was doing anything unusual. and so never stopped to analyze the reasons." Occupant-"Well, now that you've

heard my story, I wish you'd try." (Deep silence for a minute or two). Newcomer-"About two months ago, 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 arranged to have my home re-decorated, beginning 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

Banish pain with Minard's Liniment,

#### promises. I telephoned three times for a man to come and see a car that



## the Children Guard

And denser still the snow;

Falls down scarce audibly.

Lie still without a sound;

A silence everywhere.

Its noises sleep, and I,

The snow-fall hoods me round;

Folds closer earth and sky;

As secret as yon buried stream,

Plod dumbly on, and dream.

-Archibald Lampman

A gathering weight on roof and tree,

The meadows and far-sheeted streams

of the year for colds-one day is family connections with the history of warm, the next cold and wet, and un- the territory in which the story of less the mother is on her guard, the Lorna Doone was laid. by medicine dealers or by mail at 25 Beautiful Daughter-"Well, I pro- 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 com-While we are on the subject, we forters so that they will tuck in might say one trouble with young securely, since so few really come long most to yoke line and buttoning ont

Take a strip of unbleached muslin 12 inches wide and as long a: your blanket or comforter is made. Attach it securely across the bottom of your blanket or comforter, having first had the other three sides hemstitched in the color of your bedding get half what you owe." or else blind stitched or done in colored feather stitching.

### Rice Custard

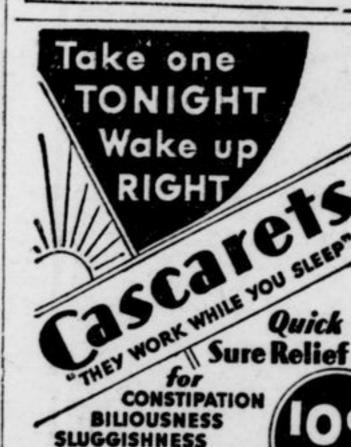
like it), two eggs, slightly beaten; two classes. Do you know what 'spunk good tablespoons sugar, pinch of salt, is?" about a pint of milk, a little nutmeg. Combine all ingredients in a baking spank. dish. Set dish in pan of hot water like it, but I've got to do something to and bake in not too hot an oven un-

til a silver knife will come out clean. Chest Colds Minard's Liniment refreshes the scalp. Wife: "Pardon me, dear, did I take

The soothing, cooling touch that brings comfort to the babe Cuticura Talcum

The newest of the Cutieurs preparations. With a background of 50 years of dependable quality and service.

25c. Everywhere



# 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 A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow. the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach iver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c red pkgs.

# Who said "Blue Monday?

WASHDAY-hardest in the week for many women. Especially warblish are exect fi

north "suld" set timber ti trull solam, serit less ot nized noy yourself a cup of tea. note their the

TWO QUALITIES -- RED LABEL & ORANGE PEHDE

## Last of Ridds Leave

moved from Yenworthy Farm, where lington, Ont. his people had resided for generations. FOULOUSE GEESE, EITHER SEX. The fall is the most severe season In moving, Ridd severs century-old

For him the pumpkin has no charm, little ones are seized with colds that | One of the almost priceles; items | why he didn't flirt with me." may hang on all winter. Boby's Own of Ridd's household effects is the long-Tablets are mothers' best friend in barreled flintlock gun, reputed to be preventing or banishing colds. They the one with which Carver Doone! act as a gentle laxative, keeping the wounded Lorna while she was marrybowels and stomach free and sweet, ing John Ridd at Oare church. Ridd An occasional dose of the Tablets | will take a place near Devon in "hopes | will prevent colds, or if it does come of bettering" himself. His removal on suddenly their prompt use will re- ends the list of Ridds who have serlieve the baby. The Tablets are sold | ved as churchwardens in this lonely Exmoor village,

> "A stranger comes to farm the place," Ridd said. "Such is 1930."

#### Light Upper

A black velour suit has the lovelles with the front panel extending up ala green off-white brocaded satis ---

Duel of Generosity

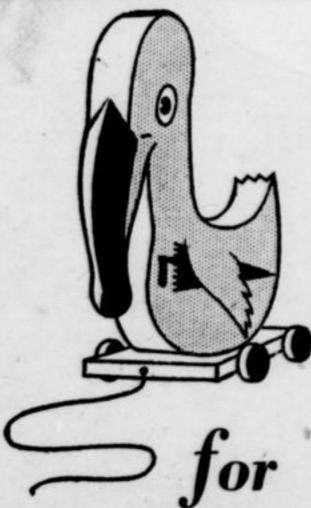
Merchant-"Look here, you've been owing me this bill for a year, I'll meet you half-way. I'm ready to for Debtor-"Fine! I'll meet you. I'll forget the other half."-Kennebec

Journal. Teacher-"If you had a little more One cup cooked rice (more if you spunk you would stand better in your

Willie-"Yes, the past tense of

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





ANY CHILD WE can never be sure just what makes a child restless, but

the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as your child has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea - a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will follow very promptly; if it doesn't, you should call a physician.



#### Classified Advertising

Lorna Doone Country WANTED-A THOUSAND BRITISH-Oare, Eng.-Came Michaelmas, and apples Overseas for Christmas, Write Tom Ridd, of "Lorna Doone" fame, "The Man From Kent," Drawer A, Bur-

Hugh Hyslop, Glanford, Ontario. She-"My husband is impervious to beauty." Girl Friend-"I wondered

List of "Wanted inventions" and Full Information Sent Free THE RAMSAY CO., Dept. W. 273 Bank St., Ottawa. Ont.



"I'm a different woman"

Two years ago I began to get depressed, and everything was too much trouble for me. I was a pasery to myself and everyone around me. I was advised to take Glauber Salt by my friends who said it was the good, so at last my husband got me a bottle of Kruschen and no one would realise the different woman I am. have been taking Kruschen now constantly for two years. My daughter also would not be without it. I have got my neighbour to take Kruschea as well and she has found its worth

The commonest cause of depression is partial constipation-an insidious complaint because the sufferer is seldom aware of it. It means the gradual accumulation of body poisons which dull the mind, damp the spirits, sap the nervous strength and lower

the whole vitality. Kruschen Salts make constipation mpossible. Therefore, if you keep to Kruschen you need never know the meaning of melancholy; never teel



## 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 out 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.

E Pinkham Med Co Lyan Mass U. S. A and Cobourg. Onto in Canada

ISSUE No. 46--- 30