...SMILES...

He that falls in love with himself will find no rival.

To-day is the to-morrow you were worrying about yesterday.

The Difference

A gum-chewing girl and a gum-chewing cow
Are somewhat alike, yet different somehow;
But how can that be? Oh, yes, we see now—
It's the calm, thoughtful look on the face of the cow.

Father—"Where's Junior to-night?"
Mother—"Out on a heavy date with a light head."

Lady (in bookstore)—"I'm looking for a small edition of the Psalms."
Clerk—"Who is the author?"
Lady—"David."
Clerk—"What's his other name?"

Practical Figuring

Visiting Relative—"And when was the baby born?"
Modern Father—"Between the second payment on the radio and the tenth on the car."

The new clerk was in doubt as to the use of a certain phrase so he said to the stenographer:—"Do you 'retire' a loan?" And the wistful eyed one interrupted rather sleepily:
"No, I sleep with mamma."

Bill—"Sue's the pick of the crop."
Kyle—"Yes, the prune crop."

Lawyer—"Very few women are taking up the law."
Friend—"No the majority of them prefer laying down the law."

Birth Stones

For laundresses ..... The soapstone
For architects ..... The cornerstone
For taxi drivers ..... the Milestone
For soldiers ..... The bloodstone
For Irishmen ..... The blarneystone
For borrowers ..... The touchstone
For stock brokers ..... The curbstone
For pedestrians .. The paving stone
For burglars ..... The keystone
For tourists ..... The Yellowstone
For beauties ..... The peachstone
For editors ..... The grindstone
For realtors ..... The hearthstone

Showers

What's become of the man who used to take pride in paying off the mortgage on his home. One way of developing your personality is to forget that you have one. What seems to be the most needed thing in the modern home is the family. The girl who looks good isn't necessarily good-looking. A kiss is always worth its face value. The only friends a fellow loses when he goes broke are those not worth having. Some men are less afraid of popping the question than they are of questioning the pop.

The Optimist

"Everything you give away in this world comes back to you twofold, you know."
The Pessimist—"Yes, I've noticed it. I gave my daughter away six months ago, and she and her husband came back to live with us last week."

A rabbit is a little animal that grows the fur other animals get credit for when it's made into a lady's coat.

Neighbor—"Where's your brother, Freddie?"
Freddie—"He's in the house playing a duet. I finished my part first."

The pessimist burns up in the summer and freezes up in the winter.

Sambo—"If yo' had five dollahs in yo' pocket, what would yo' do?"
Pompey—"Ah'd think Ah had somebody else's trousers on."

'Old Bob's going to marry Miss Flighty. She can ride, swim, dance, sing, drive a car, and pilot an aeroplane. Real all-rounder!"
"They ought to get on fine. Old Bob's a good cook."

Sugar From Wood

Plans for the production of 1,000,000 tons of sugar annually from wood were outlined recently in a research report to the Swedisl. Government Forestry Commission by Prof. Erik Haegglund, who calculates that this amount of sugar can be produced from 1,500,000 tons of dry wood through the use of concentrated hydrochloric acid.

We will probably not be meeting wood sugar at the breakfast table, however. Prof. Haegglund suggests that the supply be used as cattle feed and for the production of alcohol, yeast and motor-fuel spirit.

Along the River Thames the Royal Humane Society has 300 life-saving stations.

The "Give-Up" Attitude

Don't Encourage Your Child To Be Too Easy-Going — Remember He Has to Make His Way in the World

Vera was two years old. The Neighbor Child was two years old. This occurred:

Vera was on her little rocking chair. Neighbor Child wanted it. She came over, updumped Vera on the grass, and, righting the chair, sat down.

She then saw Vera pick up a doll. She got off the chair and snatched the doll. Vera then ran and climbed up on the chair.

Updumped again.

There sat Neighbor Child rocking the dolly. Vera looked about. She found a little bucket and started to load it with blocks.

Aggressive Tactics

Neighbor Child dropped both doll and chair and appropriated the bucket. The hostess went back to the chair.

After a while Vera climbed up on a big chair. Her uninvited guest tried to push her off. Vera clung. N. C. climbed up beside her. Then she edged behind her, braced herself against the back and pushed with her feet. Off dropped Vera.

Vera's mother had been watching. She said, "Mary, run on home." Mary just looked at her.

Mother picked up Mary, carried her to the pavement and said firmly, "Now scott." Mary thought for a minute and then darted for a ball on the grass. Possessed of the ball she "scooted."

Vera's mother said to herself, "My child has no spunk. She's going to be a softy. She'll never take her own part and children will always abuse her. I know what's going to happen. That other girl will run everything, be class president and marry a millionaire. Vera will be one of those S. S. G.'s ("sweet, simple and girlish," if you don't know) and especially the simple. What am I going to do?"

The "Give-Up" Attitude

In the house Vera put a pillow on the floor and put her head on it.

"Mustn't touch," said her mother. "Get up." She hastily took up the pillow, plumped it, and replaced it on the sofa.

Vera went over to the bookcase and pulled down a book. "Horsey" she said.

Her mother jerked it away. "No no—that's Daddy's good book. Put it back." She perked the book out of the tiny hands and put it where it belonged. "Go get your own book."'

About two-thirds of the things the child went after were summarily removed. Once or twice when she whimpered she was made to stop it at once.

You have the picture. Vera was accustomed to giving up. She was too little to distinguish between a playmate and her mother. She was being conditioned into a "give up attitude.

The other little pest was the exact opposite. Probably her indifferent or else too-kind mother never crossed her at all. Or perhaps she had to fight her way with older brothers and sisters.

Look at it as you will. I think there is nourishment for thought here.

Will a child be able to elbow his way through the world if he has been trained always to turn the other cheek? Will is one thing and obedience another. We need both. We ought to be able to strike a balance.

Maternity Mortality Rate Down For '32

New Low Level of 5 per 1000 Births—Still Too High Says Ottawa Journal

The Canadian maternal mortality rate has reached the new low level of five per 1,000 births for 1932. However, it remains a tremendous problem still involving in actual figures the deaths of 1,191 mothers in that one year, writes the Ottawa Journal in this editorial. Child birth causes more deaths among white women from 15 to 45 years of age than any other cause except tuberculosis, and the greater number of these deaths is declared to be preventable.

A recent survey of maternal mortality by the Manitoba Medical Society over a five year period, showed the continued necessity of education of mothers in both urban and rural areas, as to the need of medical supervision. Prenatal care was recognized as the one means of reducing deaths from toxemia, which accounted for 25% of the total of 393 deaths. This group is entirely preventable and could be eliminated by the supervision of the physician in co-operation with the mother. Only an insignificant percentage of the mothers dying from toxemia were actually under medical care.

Septicaemia or blood poisoning accounted for approximately one-third of the maternal mortality in Manitoba during this period. Adequate care, both medical and nursing, at the time of the birth of the baby could greatly reduce this number.

These facts are an indication of the need still existing for additional provison of adequate prenatal, neonatal and post-natal care for mother and baby and the realization on the part of the parents of the need for that care.

As its contribution to the treatment of these problems the Canadian Council on Child and Family Welfare sends free on request to Canadian mothers and fathers a series of nine monthly letters published in English or in French with simple scientific information for the mother, on the care of herself before the birth of the baby.

Town Councillors' Wives of Retiring Nature

Wives of Bridlington, England, town councillors do not like to sit in the Council Chamber with their husbands, although a special resolution of the council has conceded them this privilege, instead of sitting in the public gallery as has been their custom.

At the monthly meeting of the council after the passing of the resolution only two wives sat with their husbands, though seats were provided for 24. One of the women who did not attend told a reporter she would rather sit in the public gallery, as she would be too conspicuous and would feel embarrassed sitting on the floor of the Council Chamber.

"London is not kept in order by the number of police but by good will."—George Lansbury.

A Star in the Making

For fifteen months producer Sam Goldwyn has kept slumbrous-eyed Anna Sten under personal contract while teaching her to speak English, act before a camera, reduce her weight—in Garbo-like seculsion.

"Female Valet" Says Other Women Should Go into Profession

New York.—Clothes make the man, according to the copybook, and no one knows it any better than the man, according to Miss Theresa Lewis. The conviction that every crease and button is in its proper place helps out a man's ego just as much as a new bonnet helps out a woman's — which makes it nice for her, Mis Lewis admitted, as she is probably the only female valet in Manhattan.

It is her pleasant southern voice which says "valet at your service," when you are connected with that department at the New York Hotel employing her, though she frequently is startled at the service demanded.

"At half-past eight to-day a man telephoned me that he was sitting on the edge of his bed with his only suit a mass of wrinkles He had a date at nine—and he had his pressed suit, too. His comment was the same old story: 'I'm here without my wife, and I was certainly glad to hear your voice'." There is a splendid opening for other women to get into this profession, Miss Lewis is convinced.

Couple Are Wed Twice In Thirty Years

George and May Meeks were married twice in 30 years and there was no intervening divorce.

Thirty years ago they were wedded in Milan, Mo., after relatives assured Mrs. Meeks her first husband, William Stuart, was dead. Stuart later reappeared and the marital tangle was never straightened. A few years ago Stuart died and the Meeks were advised to marry again so Mrs. Meeks would be assured of her husband's estate.

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Women's Institutes A Real Boon

(Owen Sound Sun-Tmes)

The recent visit in North Grey District Women's Institutes of Mrs. Laura Rose Stephens, the first speaker ever to be sent out by the Ontario Department of Agriculture to the Women's Institutes nearly 40 years ago, brings a realization of how from a humble but earnest beginning, nearly two score years ago, the organization has grown. Characterized by eminent statesmen in the Old Country as Ontario's greatest gift to the world, the movement has extended to practically every civilized country in the world, until this year a great international convention is being held in the heart of Europe.

The success of the Women's Institute, which was organized for and which continues to be practically confined to rural women, may be said to be due to the great spirit of common interest and common good it has engendered. It is primarily a medium of exchange, an opportunity for rural women to benefit by the experience of others, to share household hints and knowledge and to give women whose lives are often necessarily very restricted to their homes an opportunity to develop their abilities of leadership, promoting study and reading, getting up papers and speaking in public. Because of the education it opens up before the rural woman, the Women's Institute has been called the university of the farm woman.

From this worthy task of sisterhood, of sharing and helping, the Women's Institute spread its activities to the community and later through the weight of the opinion they command as a provincial, national and international organization, to the world at large. The community activities of the branches are legion. Many have built community halls, where the residents of the community and particularly the young people can enjoy social pastimes. Practically all branches take a keen interest in the rural school, helpng the teacher whenever the need arises, providing first aid kits for the scholars and introducing wherever possible everything for the physical well-being of the children, medical inspection, hot lunches, etc. Extending a helping hand to homes and families in times of sickness, fire, distress, etc., is always foremost in the minds and hearts of those closest and most influential in the Women's Institute. In countless little ways the individual branches bring sunshine and cheer to those in need.

A bright instance of the many little acts of neighborliness enacted by the Women's Institute without discrimination of any sort as to class, religion, etc., was related by the recent speaker, Mrs. Stephens, who told about a little rural branch near Manitowaning, on Manitoulin Island, which has a standing contract with a grocer to send a little box of good things to every person—man, woman or child—who may be ill in the community.

In the very early days of the Women's Institute movement the Government recognized what a boon had been created for the often lonely, hard-working rural woman, upon whose health, strength and welfare in such a very real measure rests much of the country's true prosperity. Through their co-operation, the Department of Agriculture provides the branches with a very fine series of short courses, training in food values, in dressmaking, home nursing, etc. Through the short courses many of the young girls become interested in Women's Institute work and at the same time fit themselves for their task as the future mistresses of the farm home.

Caveman Misunderstood According to Air Explorer

Returning to the United States after having traveled more than 20,000 miles in the northren part of South America, in order to measure the earth's magnetism for the Carnegie Institution of Washington, Earl Hanson is convinced that our ideas of ancestral cavemen must be little short of libelous. He bases his conclusions on the life and manhood of the Indians that he met. The muleteers who served him in Peru "travel week in and week out, year after year, Summer and Winter, rainy season and dry, transporting the mails and commercial shipments. Barefooted they walk behind their mules, the soles of their feet being as tough as old automobile tires. Always inadequately clothed, their thin shirts and ponchos sodden with rain or frozen stiff in the cold of the higher passes, they are always cheerful and always patient and gentle with their beasts."

Possibly this attitude toward beasts of burden (llamas and mules) may explain why modern man has not given a single domestic animal to the world. Hanson is inclined to believe that primitive man's success in domesticating animals may may be accounted for by his ability to make friends with the creatures about him—an ability which seems to diminish as man becomes more civilized and more antagonistic to the life of the forest. One explorer after another has gone among savages—our modern equivalents of cavemen—with ideas about hairy brutes that beat their wives with stone hammers only to find "savages" more friendly than the residents of New York or Chicago.

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 dull, sheer appearance which is so desirable, and they are obtainable in the latest shades. Sizes 8½, 9, 9½, 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.

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SAVE THE POKER HANDS

Imperial Tobacco Company of Canada, Limited

20,000 Saved From Drowning On Australian Beaches

"Drownings and motor accidents persist over summer week-ends in spite of all the warnings that have been given," laments the Toronto Mail and Empire in this editorial. "It is remarkable that in Ontario fatalities in the water are now much greater than those on the road. The example set by Australia in rescuing the drowning suggests that something of the same kind might be attempted here.

With their long coastline, Australians are keen swimmers, but on the safest beach there is danger for the beginner. Twenty-five years ago the voluntary life-saving movement began. Since then it is estimated that 20,000 lives have been saved from drowning. There are 14,000 of these young sea-fighters belonging to 140 clubs who now save on an average annually about 2,000 lives.

There are life-saving clubs in every state of the Commonwealth, writes Alan Moyle in The London Express. Membership is voluntary. Each member is schooled to master the roughest surf. He is taught as a unit of a life-saving team how to reach a drowning man in the quickest way possible, handle him in the water, bring him to shore safely, revive him. The teams are trained to miltary precision. They march in platoon formation to parade on the beaches. They give displays frequently. They wear a distinctive bathing dress uniform. Perfect discipline is the basis of their organization. The life-saver takes his hobby seriously. He contracts to go on beach duty in a definite shift, week after week. Shifts start in the early morning and continue throughout the day—until 11 p.m. in the summer. On the main Australian beaches they bathe at night under arc-lights. The Australian life-savers are described as physically the finest organization of youth in the world.

In Ontario instruction in life-saving, including resuscitation, is somewhat sporadic. Several organizations offer it as part of their regular programs. The Red Cross has done good work in this direction. The Y.M.C.A. has issued a valuable book, entitled "Swimming, Diving and Life-saving," the price of which is only 25 cents. But the persistence of drowning fatalities and the general ignorance of correct methods of resuscitation suggests the necessity of unified efforts and a special organization such as that in Australia."

As a result of the increased imports into the United Kingdom market from Canada, Empire supplies of hams were 75 per cent. larger than in 1931 and accounted for 20 per cent. of these imports.

Repose we may possess even in the most arduous toil; ease we can never have while we are surrounded by conditions which are hostile to our highest life.—Hamilton W. Mabie.

SAFE WAY TO REDUCE

39 lbs. Off—and She Feels Better

A woman who has found a sure, safe way to lose fat—without freak dieting or dangerous drugs—writes:—"A year ago I was eaten up with rheumatism, and was far too fat. I weighed 154 lbs. and, as my height is only 5 feet 2 inches you can judge my appearance. I have taken Kruschen regularly, and not dieted, and now I weigh 115 lbs., which is just nice, and further, I feel better in health and my rheumatism has vanished."—(Mrs.) D.N.

Unlike certain drastic drugs, Kruschen does not aim to reduce by rushing food through the body; its action is not confined to a single part of the system. It has a tonic influence upon every organ of elimination, every gland, every nerve, every vein. Gently, but surely, it rids the system of all fat-forming food refuse, of all poisons and harmful acids which give rise to rheumatism, digestive disorders, and many other ills.

What Joys Are Mine

Fresh fragrance of the leafy wood
That brings my childhood back to me,
A walk adown a country lane;
Our old gnarled apple tree,

An ancient dim Cathedral,
An organ pealing music there;
Some old and well-remembered book;
Your wealth of silvery hair,

A burning log within the grate
That throws weird shadows on the wall;
The music of your violin;
And sweet peace over all.

All joy is found in simple things—
In the pale sheen of Autumn moon—
My heart is light as the glad glow
That softly floods my room.
—Flo. G. Bruxer, in Poetry Year Book

Britain's Bird Census Widens Its Scope

A bird census of the British Isles, launched six years ago at Oxford, has steadily grown in importance. Those conducting it have surveyed the rookeries, roosts, and economic status of more than 60,000 crows over a large area; have worked trapping stations at which more than 3,000 birds have been marked with rings and more than 600 recaptured; have carried out homing experiments and have investigated changes in bird population on Midland farms. Experienced observers sent out from England have carried on similar work in a number of other countries.

The census has been aided by grants from the Empire Marketing oBard, the Ministry of Agriculture, and private sources. Now, however, when the work has become of wide scientific importance, the Oxford University Research in Economic Ornithology is faced with the cessation of its government grant, and this emergency has led representatives of all the important elements in British field ornithology to unite in forming a British trust for ornithology which may act as a perpetual trustee and co-ordinating body.

The trust, according to the plan, is to take over any funds to establish and support an institute of ornithology at Oxford. The latter will be under the university's administration and will carry out organized research regarding the numbers, distribution, food, habits, and migrations of British birds. It will form a clearing house and directive centre for all British bird-watchers. Co-ordination has been assured, and an experimental area of more than seventy acres is now at the disposal of the trust.

Dixie Fig Crop Not Commercial Success

Macon, Ga.—Dixie is harvesting a fruit crop it doesn't intend to sell.

Scattered kitchens from the Carolinas to the Gulf Coast are redolent with the spices of another fig preserving season but the fruit, generally, will stay at home.

Most of the figs are used by the people who grow them right at home for preserves, jams, pickled dishes and conserves. Some go on the local markets, but few, even canned ones, ever get out of their home communities.

For one thing, they are distasteful except when dead pink ripe and can be ripened only on the tree, and when ripe they are too delicate for shipping.

Those sold commercially in the local markets this year will bring about five cents a dry quart measure.

Pork Chops, a spotless white pig, has become the mascot of a filling station in Breckenridge, Texas, and attracts much attention by sitting on a stool to eat his morning cereal.

"Just visited the Colosseum by moonlight," he wrote from Rome on a postcard to his wife. 'I thought of you as I gazed at the old ruins."

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"Founder" of Chinese Silk Trade Honored

Canton, China.—The Canton Government has prepared an elaborate ceremony fto commemorate Lu Chu, wife of Huang Ti, China's first Emperor, and who is given the credit for founding the silk industry.

The ceremony is intended to emphasize that a woman discovered the art of rearing silkworms, and that women play a principal part in the household industry of to-day.

In Canton, as in Nanking, especial atteention has been devoted during the past year to efforts to revive China's silk industry, which has deteriorated. The campaign features an attempt to interest women. The Canton Women's Association will take a leading part in the observance.

Canadian-made shaving brushes are on sale in Belgium.

Smelts, small but very delicious fish, are taken in all Canada's sea coast provinces, but New Brunswick is much the biggest producer, and indeed is the world's biggest producer. In 1931 New Brunswick fishermen landed something like 4,720,000 pounds.

BABY'S OWN SOAP
Best for Baby Best for You

WEAK WOMEN
Take Lydia E. Pinkham's Vegetable Compound

Have you ever felt that you were too weak to do anything . . . that you did not have the strength to do your work?

Women who are weak and run-down should take a tonic such as Lydia E. Pinkham's Vegetable Compound. Headaches and backaches that are the result of a tired, run-down condition often yield to this marvelous medicine.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today . . . and watch the results.

SOURED ON THE WORLD?—THAT'S LIVER
Wake up your Liver Bile —No Calomel necessary

Many people who feel sour, sluggish and generally wretched make the mistake of taking salts, oil, mineral water, laxative candy or chewing gum, or roughage which only move the bowels and ignore the liver.

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

Carter's Little Liver Pills will soon fix you up. Purely vegetable. Safe. Sure. Quick. Ask for them by name. Refuse substitutes. 25c. at all druggists.

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