

Make Cool Clothes  
Daughter Can Work at them

Others and daughters together are their late summer advantage just now at supply of school outfits where it can do such service.

The report summarized seven years' experiments, made in the animal nutrition laboratory at Cornell by Dr. L. L. Madson and Professors C. M. McKay and L. A. Maynard.

The animals were goats, sheep, guinea pigs and rabbits. Their muscles degenerated. Paralysis resulted. Hearts were affected, with evidence of fatty changes. Livers became fatty.

The harm was traced to an unidentified "fraction" present in cod liver oil. This "fraction" is not associated with the vitamins, for which the oil is given. It probably can be removed, the report states, and apparently is largely removed in cod liver oil concentrates.

The writers state that their results have no direct bearing on cod liver oil in human nutrition.

"But they suggest," the report says, "a careful reconsideration of the wisdom of the continuous use of the large intakes now recommended, particularly in view of the reports of Agulurh and Malmberg of heart injuries in infants."

The two scientists named as authorities for a possible human angle are Eric Agulurh of the University of Uppsala and Nils Malmberg of Stockholm.

Inquiry of medical authorities brought a statement from Iago Goldstein, M.D., New York Academy of Medicine, that "undoubtedly proper notice will be taken of these reported experimental data, but for the present no alarm on the subject is warranted."

The Corneliens found the cod liver oil damage while searching for the best food for farm animals by giving them synthetic diets.

## ANIMALS KILLED BY COD LIVER OIL

Large Doses Produce Degeneration of Muscles, Heart—An Unknown Element.

Ithaca, N.Y.—Muscle and heart injuries, and sometimes death, from feeding large amounts of cod liver oil to herbivorous animals was announced recently in the Cornell Bulletin of Cornell University. Medical authorities elsewhere indicated, however, there was no cause for "alarm" respecting humans.

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## Seek Free Advertising

Because a paper is constantly seeking news to make its columns interesting to a wide circle of readers, many persons attempt to take advantage of the editorial staff by handing in advertising reading in the guise of news. When these are returned or do not appear in print, the readers usually take it upon themselves to harp abuse at the paper. They consider organization and humanitarian services rendered by their special organization as worthy as all the free space they can get. If these persons would only stop to consider where the paper would be if every organization received the same amount of "free advertising" they expect for their own society, the criticism would cease. There are still people, too, who think the price they pay for their paper covers its cost of production. The amount paid does not pay for even the cost of materials used in its printing. A newspaper's chief source of revenue is its advertising. And if this is to be given free to every organization where members are enthused on a cause, where will the publisher turn for money to pay his expenses?

## What is "Pep"?

Pep is the thing which makes the ants gambol with glee, the colts prance with joy, the calves throw up their tails and run like fury, the birds sing in split-throat notes, the frogs croak upon the creek bank, the insects buzz and hum in the air, the milkman whistle as he jogs along, the blacksmith laughingly beat his iron into shape, the plowman urge his horses with a "gee-up, there," the engineer wave a kiss to his sweetheart heart as he throws open the throttle, the woodman smilingly plunge his axe into the giant tree, the banker and merchant rush to their work with a "cheery good-bye," the mechanic and the laborer fairly dance to their jobs, the soldier "goes over the top" with clinched jaws and courage that knows no fear, the live salesman hie to his calls with shoulders squared, pride in his heart and nerves a-tingle with anticipation of new success. "Pep" is something that puts happiness in the heart, energy in the body, determination in the soul, and invincible courage in the will.

## Too Bad

A wealthy lady remarked at a dinner party: "Oh, Mr. Gilbert, your friend Mr. Sullivan's music is really too delightful. It reminds me so much of dear Baych (Bach). Do tell me: what is Baych doing just now? Is he still composing?" "Well, no, madam," Gilbert replied. "Just now, as a matter of fact, dear Baych is by way of decomposing."

## HAVE YOU HEARD

Happy indeed is the woman who has as many changes of clothes as she has of mird.

Young Woman—If you don't leave the house immediately, I'll call the whole police department to come and put you out!

Ardent Youth—My dear girl, it would take the whole fire department to put me out.

## SOIL EROSION

Hordes of gullies now remind us we should build our lands to stay. And, departing, leave behind us fields that will not float away. Then when sons assume the mortgage on the land that's had our toil,

They'll not have to ask the question: "Here's the farm, but where's the soil?"

Gertie—I think it's a shame to send these nice sailors to China. What will they do there?

Peggy—Good heavens, Gert! Ain't you ever been out with a sailor?

The honeymoon is over, gentlemen, when your wives start complaining about the noise you make getting breakfast.

He'len—You say they arrested that dancer for no cause at all?

Ferdy—No; for no gauze at all.

Some woman can remember their husband's first kiss, while others can't remember their first husbands.

The workman was engaged in excavating operations. The curious stranger was looking on:

Stranger—What are you digging for?

Workman (looking up)—Money.

Stranger (surprised)—And when do you expect to strike it?

Workman (as he resumed his toil)—Saturday.

The perfect example of will power, is the ability to eat one salted peanut.

Bride—Oh, Jack darling, it is all just like a dream, is it not?

Groom (who has been hit with an old shoe, got rice down his neck, and forgotten the railroad ticket)—It's so long since I have dreamed of anything but you that I cannot really say.

ADVICE TO YOUTHFUL LOVERS: He who courts and does not wed may have to go to court instead.

She—I showed the doctor the place where my garters had been pinching.

He—And what did he give you?

She—Orchids.

When you speak to other people for their good, it is influence. When other people speak to you for your own good, it is interference.

## SCOUTING Here There Everywhere

A brother to every other Scout, without regard to race or creed

The Scouts of Coldwater, Ont., are developing what promises to become a local museum of importance. The most recent addition was a collection of Indian and pioneer relics left the troop by the will of the late Peter Wray.

Arrangements are being discussed for the training of Boy Scouts in rural and semi-rural communities of Quebec, to act as junior fish and game wardens, under auspices of the Quebec Fish and Game Protective Association.

The Polish Scout Jamboree held in the forests of Scala this summer was attended by some 30,000 Scouts. Of these, 3,500 were from other countries. The jamboree was opened by the President of Poland.

A recent Cornwall Badge award was that to Scout John Hunt of Eitham, England, in recognition of courage and fortitude shown during three years in a London hospital. During that time he underwent 23 operations for an injury to his leg, and at the same time continued his progress in Scouting.

Ten dollars was voted by the Wynyard, Sask. lodge, I.O.O.F. for equipping the new hut headquarters of the 1st Wynyard Scout Troop with windows. A growing interest is being shown in local Scout units by lodges of many orders in practically all parts of the Dominion.

A cruise up the Saskatchewan River as the crew of the S. S. Tobin, of the Ross Navigation Company, Limited, was the greatly appreciated experience of Patrol Leaders of the 2nd Pas Troop, Man. The boys were assigned to watches, and in turn acted as engineer, stoker, wheelsman, deck hand and cook, under direction of Captain H. McKinnon.

YOUTH—At the beach last summer I flirted with a girl and she called an officer.

Friend—Lucky dog! I also flirted with one last summer and she called a preacher.

It's funny how some fellows can always be wrong and never know it.

Wife—No, Henry, I don't think a man just doesn't jump to success all at one bound. Success is only attained by initiative, perseverance, push, and hard work.

"The heights by great men reached and kept

Were not attained by sudden flight;

But they, while their companions slept,

Were toiling upward in the night."

You can follow their example by doing exactly as they did. Keep yourself fit. Train yourself to recognize opportunity, and by persistent effort, work and study, prepare yourself for making the best of opportunity when it presents itself. Do not relax your effort. Don't think any job beneath you or any task too menial so long as it provides an honest living. Obey the Scriptural injunction and—"Whatever thy hand findeth to do, do it with thy

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## EVERY DAY LIVING

A WEEKLY TONIC by Dr. M. M. Lappin

There is either a way out—OR UP

We live in a strange world. And there are two ways of going through it. You can either walk bravely through it on your own feet, or, depending upon someone else, you can hobble through it on a crutch.

A young man of twenty, in good health and fine physical condition, left High School two years ago and has done nothing since. He writes to me—"I don't know what I am going to do with my life. There's no chance for a young fellow like me today."

Well, a letter like that almost makes me smile. If some older folk had taken that attitude at twenty, I wonder what would have become of them. Where would they be today? Frankly, the fellow who talks about "being given a chance" strikes me as one looking for a crutch with which to hobble through life.

Now I recognize that times have been hard and that this is a queer world. The economic situation is still a little strained, and jobs are perhaps, scarce. Moreover, it is true that, to a great extent, machinery seems to have replaced manpower, and that does create a modern difficulty. But—and this is what I try to impress upon all young folks who come to consult me, Initiative, Perseverance, Independence, Ingenuity, Self-reliance, and Courage to dare and to do are not exactly out-worn virtues in the world. Wherever they are brought into play they have their own reward.

To this young man, and to others like him, I want to say—Don't wait for a chance—Go out and make a chance for yourself.

Some folks might want to tell me that I don't know what I am talking about when I say that. Well, at all events, I have the backing of history. Men have been successful in the past even when hard times had struck the world, but such men were seldom given a chance. They simply trained themselves to recognize opportunity, and whenever opportunity came their way they seized it and made full use of it.

Success never comes by chance. A man just doesn't jump to success all at one bound. Success is only attained by initiative, perseverance, push, and hard work.

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## BIG BEN

THE PERFECT Chewing Tobacco

Big size Big value BIG satisfaction

You are in this world for some definite purpose. And there is a job for you to do somewhere. Your business is to find that job and then do it as well as you can.

For young folk such as this young man there is always a way out. Remember—

Satan finds some mischief still For idle hands to do," and look out for the little odd jobs that will keep you busy. Go in for some definite study. Keep the mind occupied. And then, when the opening presents itself, go through it with the assurance that you have not only gained the way out, but also the way up—and climb, for "there is always room at the top."

Note: The writer of this column is a trained psychologist and an author of several works. He is willing to deal with your problems and give you the benefit of his wide experience. Questions regarding problems of EVERYDAY LIVING should be addressed to: Dr. M. M. Lappin, Room 421, 73 Adelaide St. W., Toronto, Ontario. Enclose a 3 cent stamped, addressed envelope for reply.

## Would Keep Old Name

Sault Daily Star. Naturally Sir James MacBrien's proposal to find a new name for Canada's Royal Canadian Mounted Police is not meeting with much favor.

What matters it if in this mechanical age "out of our force of 2,900 men we have only 300 mounted men now"? The fact is that the name "Mounted" is redolent with history and is famous throughout the world.

The Ottawa Journal puts it thus: "That might suit the 'practical' and 'efficient' ideas of certain people; it would be repugnant to the ideas of the Canadian people. There is something of memory and challenge and inspiration; and The Journal's advice to the proper authorities, offered in every good faith, is that the name 'Royal Canadian Mounted Police' be let strictly alone."

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Even the most stubborn itching of eczema, pimples, mosquito or other insect bites, rashes and many other skin afflictions quickly yields to Dr. Dennis' pure, cooling, liquid, antiseptic D. D. D. Prescription. Forty years' world-wide success. Penetrates the skin, soothing and healing the inflamed tissues. No fuss—no mess. Clear, greaseless and stainless. It dries up almost immediately. Try D. D. D. Prescription now. Stops the most intense itching instantly. A 3-cent trial bottle, at any drug store, is guaranteed to prove it—or money back. D. D. D. is made by the owners of ITALIAN BALM.

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There is a tradition of service attaching to the name "Royal Canadian Mounted" of which any force in the world might well be proud and the name of which that tradition is a part should be preserved in action.

## Classified Advertising

DISTILLERS WANTED TO SELL New Scientific Idea of Preserving Fruit. For full information write Karl Jahr, 125 Church St., Toronto.

SELL "CENTURY" ORIGINAL GENUINE leather ties. Fancy colored patterns, look like silk, washable, durable, wrinkle-proof, sell on sight. Big profits. Write Dept. W., Empire Bros., P. O. Box 271, Ottawa, Ont.

FINEST AND LARGEST SELECTION of Imported American, genuine Labrador, Yukon, Northern Quebec, sold on grade. Model Mink Fur, Limited, offices, 132 North May Street, Port William, Ontario, Canada.

WINNER of the year's grandest 500-mile Indianapolis Speedway Race.

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Says Kelly Pottle

IN every community are records of individual sets of tires, but Firestone have been proved for sixteen years in the 500-mile Indianapolis Speedway Race. Fearless drivers who stake life and victory on tires choose Firestone as the safest and most enduring.

Accept with confidence the recommendations of these men—Firestone are safe for them and safe for you. See the nearest Firestone Dealer today.

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COLONEL F. H. DEACON, President. ELWOOD A. HUGHES, General Manager.

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