

AND VITAMINS

Reports Tests On Rats And Chickens

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COUPLE DIET WITH EXERCISE

If You Go In For Active Sports It's All To The Good, Otherwise Do "Daily Dozen."

Unless she plays golf and tennis, rides a horse or swims in the summer and goes to a gymnasium regularly during the winter, to remain slender and supple a girl must exercise at home.

Diets may cause you to lose weight, but they won't strengthen abdominal muscles or keep your waistline reed-like and graceful.

CONSULT DOCTOR Never go in for liquid diets or any other strenuous regime without first getting a physician's permission.

There are two categories, of course. Some are intended to reduce your figure in spots.

For the waist-line—to reduce it and to make it flexible—the bending exercises are best.

Afterward stand with feet apart and arms outstretched at shoulder level. Bending the left knee slightly, stretch your right arm behind your back, making fingers touch the calf of your right leg.

Exercises that are done on the floor are best for the hips.

When you have finished bring knees upward to your chest, holding them firmly with your arms. Keeping shoulders and head hard against the floor, roll hips from side to side.

You can vary the rolling exercises for the hips.

Numerous Snake Bites Finally Kill Reptile Expert

ROYAL OAK, Mich. — Romeo Sampson 49, laughed many times after he was bitten by deadly snakes, but the reptiles had the last laugh recently, and Sampson is dead.

He was keeper at the McCullough Park Zoo in Lima, O.; a member of the Barnum and Bailey and Ringling Brothers circuses; an animal trainer at the Buffalo, N.Y., Zoo.

Three years ago a lion slashed half-inch cuts in his arm. He laughed and then fainted, but he lived to condemn the animal and bequeath its body to the University of Detroit.

He was bitten many times by rattlesnakes, gila monster, and water moccasins. A python tried to crush him once, but he survived.

HAVE YOU HEARD

Giving a baby a middle name isn't of great importance. It's the family name that ruins him.

The class was studying magnetism. Teacher: Robert, how many natural magnets are there? Student: Two, sir.

Friend: Did you enjoy your trip to Venice? Mrs. Newrich: No, when I got there the wretched place was flooded.

ABOUT TIME Hush, bunch of ragweed, don't you cry! You will be sneezed at by and by.

The orchestra was silent for awhile. Conductor (leaning down to speak to the violinist): I say, what key was he using?

Mr. and Mrs. Thompson were returning home one moonlight night after a strenuous day's shopping. Wife (exclaiming suddenly): Oh, John, what a lovely mood!

A local man lost his lawn mower early this summer, but found it yesterday while cleaning up his lawn, after having received a warning to do so immediately from the city authorities.

Neighbor: Your boy seems to be pretty small for his age, doesn't he? Man: Oh, no. Most of the boys of his age are just overgrown boobies.

Don Thomas, Hollywood correspondent, attributes this gag to Mae West. The actress was telling a friend about her experiences at the San Diego Fair.

Oh, I couldn't do that," returned Mae, "a citizen owes something to her public."

A plumber worked and his helper stood looking on. This was the helper's first day.

Plumber: Certainly, idiot. To fill in the hour, the plumber had been looking at the finished job with a lighted candle.

There is a pest for almost everything a farmer produces, says the Farmers' Advocate.

Delicious Energizing Health-Insuring

ANDREW'S LIVER SALT

Rudy Vallee At Ex.



An outstanding attraction at the Canadian National Exhibition this year will be the appearances every afternoon and evening of Rudy Vallee and his orchestra.

Investiture of the leaders of the new 6th Stratford (Knights of Columbus) Scout Group was made by Scouters of the other local troops.

Edmonton Scouts will act as junior traffic officers in school zones when school's re-open this fall.

At the Yorkton, Sask., fair the Calder Boy Scout "farm team" captured all honours in stock judging.

Edmonton Scouts will act as junior traffic officers in school zones when school's re-open this fall.

EVERY DAY LIVING

WHAT IS YOUR STANDARD? What is your standard? Every-thing in life depends on that.

Consider an extract from a letter which lies on my desk before me now. It comes from a young man twenty-four years of age. He writes:

Every man has a standard. Some men adopt false standards and think themselves to be a great deal better than they are.

Note: The writer of this column is a trained psychologist and is willing to deal with your problems and give you the benefit of his wide experience.

Notice Of Incorporation Published By London Concern

TORONTO.—Notice of incorporation of the London Farm Service Company, Limited, is published in the current issue of the Ontario Gazette.

Delicious Energizing Health-Insuring

ANDREW'S LIVER SALT

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SCOUTING Here There Everywhere

A delegation of officers and members of the Buckingham, Que., Lion's Club visited the 1st Buckingham Scout Troop at their Scout hall.

Scouts of the 5th St. Thomas (Trinity Church) Troop recently unveiled a cairn they had erected to a friend, the late Mr. Eli A. Mann.

Nearly a hundred Sudbury Scouts and leaders in camp at Windy Lake entertained parents and friends at their Camp Pow-Wow.

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BARLEY VS. CORN FOR POULTRY

Superintendent, Dominion Experimental Farm, Nappan, N. S.

A feeding trial was started at the Dominion Experimental Farm at Nappan, N.S., in the fall of 1930.

Two pens of pullets were selected each fall for this test. They were sisters or half-sisters and as uniform in size and age as it was possible to select them.

A German import firm, for example, wishes to purchase Canadian apples. It is able to establish a connection with a manufacturer of chemicals doing regular business in Canada.

Permission for the export deal having been obtained, the Canadian purchaser of chemicals is then advised to pay, through a bank as trustee or in some similar manner, makes payment to the manufacturer of chemicals.

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CUTWORMS Made Careful Study Growing Old Process

Infesting Areas Of Southern Ontario.—Poisoned Bran Bait Being Applied.

An unusual cutworm infestation is occurring in certain parts of southern Ontario. Reports of damage so far have come to hand from near Waterloo, St. Thomas and Harrow.

From reports already received, it is thought that the insect is present in great numbers in many sections.

Poisoned bran bait is made by mixing bran — 25 lbs.; Paris Green — 1 lb.; and enough water to make the mixture moist and crumbly, but not wet.

If the cutworms are very abundant, crops such as sugar-beets should be protected by a dusty furrow, as used in armyworm control.

Nature is helping considerably in the control of this cutworm as many of the cutworms are parasited by a fly, the larvae of which lives in the body of the cutworm and kill it.

There is an unfortunate disposition in a man to attend much more to the faults of his companions which offend him, than to their perfections which please him.

Classified Advertising

OPPORTUNITY! Someone selected, will buy cottage, fruit garden, for \$15. Particulars, stamp, Elgarsdale (County, Aylmer, Ontario).

STOPS ITCHING In One Minute

For quick relief from the itching of pimples, mosquito or other insect bites, eczema, rashes and other skin eruptions, apply Dr. Dennis' pure, cooling, liquid, antiseptic D. D. D. Prescription.

MONTHLY PRIZE CONTESTS For Artists and Authors

There is one requisite that applies to every type of contest entry, be it an advertising statement, limerick last line, descriptive letter, or a sketch. . . . That is SINCERITY.

Send a 3c stamped return envelope for full information regarding our Monthly Service for Artists and Authors, or send \$2.00 for a yearly subscription. Sample sheet for 10c.