

Windsor Salt FREAKIES

Funny animals for the boys and girls in a real book. Cut out the one shown here and paste it together. Then send it to us and get a

FREE BOOK OF CUT-OUTS

containing many Freaks and verses that will make you laugh. Also read what Bobby and his sister think of the way Windsor Table Salt and Regal Free Running Salt are made. Just send in this cut-out and question this paper. Write to Windsor Salt, Windsor, Ont.

Also Makers of **REGAL TABLE SALT FREE RUNNING**

Efficient Housekeeping

By Laura A. Kirkman

- TOMORROW'S MENU**
- Breakfast
Stewed Rhubarb
Cereal
Scrambled Eggs and Bacon
Toast
Coffee
- Luncheon
Vegetable Soup
Peanut Butter Sandwiches
Radishes
Wholewheat Bread Jam
Cocoa
- Dinner
Rump Roast of Beef with Quick Celery Relish
Franconia Potatoes
Beet Greens
Sliced Tomatoes
Bread Pudding Coffee

be quilted, as it has no stuffing. Bride-to-Be: "I am buying equipment for my new home. Do I need a carpet sweeper as well as an electric vacuum cleaner? A neighbor of mine says the day of the carpet sweeper is over; is this true?"

Answer: To my mind, the carpet sweeper has a place of its own in the home that nothing else can, or ever will, fill. You will find one useful a dozen times a week. It is most handy in taking up anything spilled on a rug, where you would find it a little more of a nuisance to attach the vacuum cleaner. Many housewives keep a carpet sweeper on hand merely to run over the dining room rug after every meal—to take up crumbs which may have fallen from the table. Of course you will need a vacuum cleaner, too, but you will be wise to add a carpet sweeper to your equipment list.

Inexpertise: How is grease removed from a wood kitchen floor?"

Answer: Pour a little alcohol on the spot, wipe it off, apply a little more alcohol and let this stand for a few minutes before wiping the place with a clean cloth. You will find that the grease is gone. (Before using the alcohol you must, of course, scrape up all the grease possible.)

Tomorrow—Some Good Foreign Recipes.

Answers To Inquiries.
Reader of Your Column: "I wonder if you or any of our Column Readers could give me the recipe for old-fashioned 'Buckwheat Pudding' which my great-grandmother made?"

Answer: I am sorry that I haven't this recipe, but let us hope that somebody else will, and will be good enough to write it on a postal card and mail it to me in care of this paper for publication.

Mrs. A.: "How shall I line my baby's toilet basket? I have bought one of the inexpensive, unlined ones and do not care to line it with quilted pink or blue silk, as I see them lined in shops. I prefer a pink lining that could be removed and washed easily. Can you suggest a suitable material?"

Answer: A dainty yet practical lining can be made of pink saten, used double thickness (back to back). Mitre the corners and feather-stitch along this mitre-seam. Also feather-stitch around the top. Finish it by whipping a three-quarter-inch-wide edging of Val lace around the top edge. This need not

be quilted, as it has no stuffing. Mrs. A.: "I am buying equipment for my new home. Do I need a carpet sweeper as well as an electric vacuum cleaner? A neighbor of mine says the day of the carpet sweeper is over; is this true?"

Tomorrow—Some Good Foreign Recipes.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question. Be sure to use YOUR full name, street number, and the name of your city and state.

4 out of 5

Protect your gums and save your teeth

Just as a ship needs the closest attention under the water-line, so do your teeth under the gum-line. If the gums shrink, serious dangers result. The teeth are loosened. They are exposed to tooth-base decay. The gums themselves become tender and bleed easily. They form sacs which become the doorways of organic disease for the whole system. They often disfigure the mouth as they recede. If used in time and used consistently, Forhan's For the Gums will prevent Pyorrhoea or check its progress. Forhan's is safe, efficient and pleasant-tasting. It preserves gum health, corrects tender gum spots, hardens gum tissues so they will offer proper support to the teeth, and keeps your mouth fresh and healthy. Forhan's is more than a tooth paste; it checks Pyorrhoea. Thousands have found it beneficial for years. For your own sake ask for and get Forhan's For the Gums. At all druggists, 35c and 60c in tubes. Formula of R. J. Forhan, D. D. S. Forhan's, Limited, Montreal

Forhan's FOR THE GUMS

More than a tooth paste—it checks Pyorrhoea

RADIO

- WEDNESDAY, MAY 20.
- KDKA (809.1) Pittsburgh, Pa.
9.45 a.m.—"Stockman" reports of the Pittsburgh livestock markets; general market review and agriculture items.
12 m.—"Stockman" reports of the Pittsburgh livestock and wholesale produce markets.
2.30 p.m.—Baseball scores.
3.30 p.m.—Closing quotations on hay, grain and feed from the "Stockman" studio.
7 p.m.—Baseball scores.
8.15 p.m.—The Framework of the World, Talk No. 7: "The Earth's Gift of Coal and Iron," by Dr. R. E. Somers, professor of economic geology, from the University of Pittsburgh, from the University of Pittsburgh studio.
8.30 p.m.—"Stockman" reports of the primary livestock and wholesale produce markets.
8.45 p.m.—The Dry Siltz hour of music.
- CKAC (410) Montreal.
1.45 p.m.—Orchestra concert.
4 p.m.—Weather and stocks.
- St. Lawrence University (268), Canton, N.Y.
8 p.m.—Health Talk, Mrs. Alma Bennett, Country Health Nurse, St. Lawrence County.
- 8.10 p.m.—Economic Weekly Review—Dr. John M. Ferguson, Department of Economics, St. Lawrence University.
8.30 p.m.—Musical programme will be presented by the Silverstone Orchestra of Massena, N.Y.
- WOC (484) Davenport, Ia.
1-1.15 p.m.—Radio Farm School.
1.15 p.m.—Closing quotations on grain, livestock and dairy products.
4-4.45 p.m.—Musical programme. Hop and his Blue Boys' orchestra.
5.45-6 p.m.—Chimes concert.
6 p.m.—Baseball scores.
6.30-6.50 p.m.—Sandman's visit.
9-10 p.m.—Musical programme.
- WGBS (818) New York City.
6.30-7.30 p.m.—Dinner music.
9-10 p.m.—Recital.
10-11 p.m.—Concert.
11 p.m.—Vincent Lopez' Hotel Statler Orchestra.
- WABG (816) New York City.
12-12.55 p.m.—Musical programme.
7.45-8 p.m.—Maude Mason, pianist.
8-8.15 p.m.—Maybelle A. Woodruff, mezzo-soprano.
8.15-8.30 p.m.—GHR Ulrich, ivory tickler.
8.30-8.45 p.m.—Sterling Male Quartette.
8.45-9 p.m.—Valentine Trio.
9-9.15 p.m.—Maybelle A. Woodruff, mezzo soprano.
9.15-9.30 p.m.—GHR Ulrich, jazz pianist.
9.30-9.45 p.m.—Sterling Male Quartette.
9.45-10 p.m.—Valentine Trio.
10-10.55 p.m.—Glenn C. Smith's Paramount Orchestra.
11.05-11.30 p.m.—Glenn C. Smith's Paramount Orchestra.
- WZE (485) New York City.
1 p.m.—Hotel Belmont luncheon music.
4.02 p.m.—Miltonelle Boardley, pianist.
4.32 p.m.—Hollander's Hotel Am-
- basador tea music.
5.30 p.m.—Baseball scores.
6.32 p.m.—State and Federal agricultural reports; farm and home market reports; closing quotations of the New York stock exchange; foreign exchange quotations.
7 p.m.—Baseball scores.
7.02 p.m.—Bernhard Levitov's Hotel Commodore dinner music.
8 p.m.—Wall street "Journal" review.
8.10 p.m.—Estey Organ recital.
8.10 p.m.—Nick Lucas, guitar and songs.
10.30 p.m.—Billy Wynne's Greenwich Village Inn Orchestra.
- WGY (879.5) Schenectady, N.Y.
5.30 p.m.—Children's programme.
5.45 p.m.—Albany Strand Theatre orchestra.
- WBZ—Springfield, Mass.
6 p.m.—Dinner concert.
8 p.m.—Programme by Albert E. Vining, harmonica player.
8.15 p.m.—Concert, arranged by Henry Volk, violinist, presenting Winfield Leavorth baritone, and Beniah Thompson, pianist.
9.30 p.m.—Market report, as furnished by the United States department of agriculture at Boston.
9.50 p.m.—Baseball results.
- KYW—Chicago, Ill.
1.15 p.m.—Report on the United States market bureau on live stock and vegetables.
5.18 p.m.—News, financial and final markets.
6 p.m.—Children's bedtime story.
6.30 p.m.—Dinner concert.
6.43 p.m.—Talk by Dr. John M. Dodson of American Medical Association.
8 p.m.—Musical programme.
12.30 a.m.—Midnight revue.
- Complete radio programmes sold at Canada Radio Stores.
- Death of Mrs. William Helferty.
There passed peacefully away on May 18th at her home on the Millford Road, Emma Bradley Helferty. Although she had been in failing health for some time, her death came as a shock. There are left to mourn her loss, her husband, two daughters, Maudie and Winnifred, seven sisters and two brothers. On May 18th the remains were interred in Mount Olivet cemetery after a solemn requiem high mass sung by Rev. Father Whalen. The pall bearers were S. Anderson, William Anderson, Wm. McKinley, Charles Power, J. Kenney and P. Helferty.
- Minister Married Divorcee.
The marriage in Scranton, Pa., took place on May 14th of Rev. Thomas J. Wheeler and Mrs. Ellen M. Marshall, both former residents of Clayton, N.Y. The marriage was performed by Rev. Harold A. Husted, pastor of the Immanuel Baptist church in Scranton, three days after Mrs. Marshall's divorce from her husband, George Marshall of Clayton, became final.
- School Teachers Opened.
Tenders for the addition to the Napanee Collegiate have been opened and the contract awarded the Sullivan & Frede Co., Toronto. The firm's tender was \$44,797 for the building.

Quaker Corn Flakes

give zest to jaded appetites

So tempting, so crisp, Quaker Corn Flakes impart a zest to even jaded appetites.

The subtle flavour is preserved by the waxed wrapper which keeps out taints, dust and moisture. Quaker Corn Flakes are made crisp and keep crisp.

See that the package bears the name and the familiar Quaker figure.

Coupons in the cartons are exchangeable for useful articles—illustrated catalogue mailed on request.

The Quaker Oats Company, Peterborough and Saskatoon

BUGS

By Roy Grove

SEE-IT WAS WORKIN' SWELL LAST NIGHT

COME BACK NEXT THURSDAY NIGHT

I THOUGHT I'D COME THE NIGHT BEFORE AND KINDA SNEAK UP ON IT LIKE- HUH?

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Guaranteed Pure Ice

Cut in limits fixed by the Board of Health after being certified by Queen's University Laboratories.

Use ice and save food. Prompt and cheerful service. Telephone 1307. Nights and Sundays 1169.

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ABBEY'S is a sparkling, refreshing drink which corrects the irregularities of the waste eliminating organs, as well as neutralizing excessive acidity in the stomach, bladder and blood.

(Start the day right—take a glass of Abbey's—bubbling with health and good spirits.)

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EVERY year ten million bottles of Dr. Caldwell's Laxative Syrup Pepsin are bought by people who recognise the value of this great laxative as a builder of healthy bodies through the relief of constipation.

This tremendous popularity has been built on confidence. The formula originated and used so successfully by Dr. Caldwell in his own practice has never been changed.

Unlike so many laxatives it has no bitter or nauseous taste. It is a compound of plant drugs proven to be beneficial to the human system without creating habits or injuring the system with mercurials or narcotics.

Dr. Caldwell's Laxative Syrup Pepsin is particularly recommended to mothers as a pleasant-tasting and effective laxative for children. You can safeguard their health by checking colds and fevers through the use of this great family medicine.

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