

CUT-OUTS

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 mention this paper. Write to Windsor Salt, Windsor, Ont. Also Makers of

CUT

No. 2

He "took a chance" and lost

Just as the stability of a lighthouse depends upon a firm foundation, so are healthy teeth dependent upon healthy gums



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 toothbase 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, Porhan's For the Gums will prevent Pyorrhea 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 Pyor-

rhea. 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 6oc in tubes. Formula of R. J. Forhan, D. D. S. Forhan's, Limited, Montreal





Kingston Music Studios THONE 689-m. 258 KING STREET

Pree Class in Plane every Tuesday Mr. H. Packer, A.T.C.M. Free ensemble class in Violin on Wed. Miss D. Johnson ,A.T.C.M.

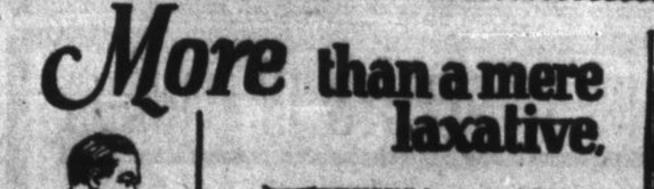
Res. 'Phone 2326w. Mr. H. Hill Free Class in Sight Singing every Tuesday Special free advantages to pupils.

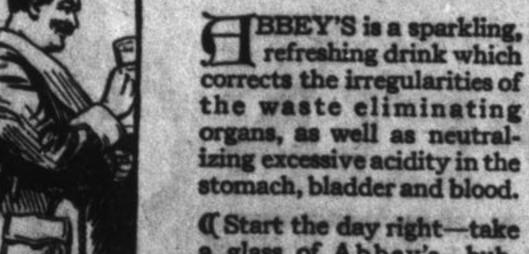
> Internal and External Pains are promptly relieved by DE THOMAS' ECLECTRIC OIL THAT IT HAS BEEN SOLD FOR REARLY PIFTY YEARS AND IS TO-DAY A GREATER SELLER THAN EVER BORE IS A TESTIMONIAL THAT SPEAKS FOR ITS NUMEROUS CURATIVE QUALITIES.

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The exceptional tone quality in the Weber Piano appeals to the most aesthetic taste. HEAR FOR YOURSELF AND BE CONVINCED.

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



TOMORROW'S MENU Breakfast Stewed Rhubarb Cereal Scrambled Eggs and Bacon Toast Coffee

Luncheon Vegetable Soup Peanut Butter Sandwiches Radishes Wholewheat Bread Cocoa

Dinner. Rump Roast of Beef with Quick Celery Relish Franconia Potatoes Beet Greens Sliced Tomatoes Bread Pudding Coffee

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 great-grandmother made?"

baby's toilet basket? I have bought possible). 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 used double thickness (back to number received. So if a personal or back). Mitre the corners and fea- quicker reply is desired, a stamped ther-stitch along this mitre-seam. and self-addressed envelope must be Also feather-stitch around the top. enclosed with the question. Be sure Finish it by whipping a three-quar- to use YOUR full name, street aumter-inch-wide edging of Val lace ber, and the name of your city and around the top edge. This need not state

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.

moved from a wood kitchen floor?" Answer: Pour a little alcohol on Answer: I am sorry that I haven't the spot, wipe it off, apply a little this recipe, but let us hope that more alcohol and let this stand for somebody else will, and will be good a few minutes before wiping the enough to write it on a postal card place with a clean cloth. You will and mail it to me in care of this find that the grease is gone. (Before using the alcohol you must, of Mrs. A.: "How shall I line my course, scrape up all the grease

Inexperienced: How is grease re-

Tomorrow-Some Good Foreign

All inquiries addressed to Miss BUGS Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable lining can be made of pink sateen, time, however, owing to the great

WEDNESDAY, MAY 20.

KDKA (809.1) Pittsburgh, Pa. the Pittsburgh livestock markets; ture items.

12 m .- "Stockman" reports of the Pittsburgh livestock and wholesole produce markets.

2.30 p.m.—Baseball scores. 8.20 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. V: "The Earth's Gift of Coal and Iron," by Dr. R. E Somers, professor of economic geology, of the University of Pittsburgh, from the University of Pittsburgh

8.30 p.m .- "Stockman" reports of the primary livestock and wholesale produce markets. 8.45 p.m .- The Dry Slits hour of

CRAC (410) Montreal. 1.45 p.m.—Orchestra concert. 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, De-

partment of Economics, St. Lawrence University. 8.30 p.m.—Musical programme will be presented by the Silvertone

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. lop 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 (316) 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 Lopes' Statler Orchestra.

WARG (816) New York City. 12-12:55 p.m. - Musical pro-

8-8.15 p.m.-Maybelle A. Woodruff, mezzo-soprano. 8.30-8.45 p.m.—Sterling Male

Quartette. 8.45-9 p.m .- Valentine Trio. 9-9.15 p.m.-Maybelle A. Wood ruff, mezzo soprano. 9.15-9.30 p.m .- Cliff Ulrich, jazz 9.30-9.45 p.m. - Sterling Male

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 Smith's Paramount Orchestra.

WJZ (455) New York City. 1 p.m .- Hetel Belmont luncheon

bassador tea music.

5.30 p.m .- Baseball scores. 4.32 p.m .- State and Federal ag-9.45 a.m.-"Stockman" reports of ricultural reports; farm and home market reports; closing quotations general market review and agricul- of the New York stock exchange: foreign exchange quotations.

7 p.m .- Baseball scores. 7.02 p.m.—Bernhard Levitow's Hotel Commodore dinner music. 8 p.m .- Wall street "Journal" re-

8.10 p.m .- Estey Organ recital. 10.10 p.m.-Nick Lucas, guitar and songs 10.30 p.m .- Billy Wynne's Greenwich Village Inn Ochestra.

WGY (379.5) 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. 8.45 p.m.—Concert, arranged by Henry Volk, violinist, presenting Winfield Lapworth, baritone, and Beulah Thompson, planist. 9.30 p.m .- Market report, as fur-

nished 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 at Canada Radio Stores.

Death of Mrs. William Helferty. There passed peacefully away on May 6th at her home on the Milford 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, Monica and Winnifred, seven sisters and two brothers. On May 8th the remains were interred in Mount Olivet cemetery after a 7.45-8 p.m .- Maude Mason, pia- solemn requiem high mass sung by Rev. Father Whalen. The pall bearers were S. Anderson, William Anderson, Wm. McKinley, Charles 8.15-8.30 p.m .- Cliff Ulrich, ivory Power, J. Kenney and P. Helferty.

> Minister Married Divorcee. The marriage in Scranton, Pa. took place on May 4th 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 Tenders Opened. Tenders for the addition to the

Quaker Corn Flakes



give zest to jaded appetites

So tempting, so crisp, Quaker Corn Flakes impart a zest to even jaded appe-

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 311





Residence Burned. On Friday, the home of Jack Redding, Mountain Grove, was burn- the unfavorable weather the farmers. ed to the ground. The contents have been kept back in their seeding above stairs were a complete loss, and planting. Misses Pearl The men of the neighborhood work- Grace Aimer, Brockville, are home ed like Trojans to save the house- on a week's vacation. Miss Anna hold goods in the first storey and the surrounding buildings from flames. The house was owned by S. S. Pot- Ella Dwyre. John Slack, Sandbay,

Would Sterilize Unfit. Discussing "The Unplaceable in. Miss Marie and Cora Slack, Del-Child" before the Ontario, Associa- ta, called on friends in the village tion of Children's Aid Societies, T. | yesterday. Miss Lena Lloyd spent D. Ruston, Belleville, advocated ste- Sunday at her home in Elgin. Mrs. rilisation of the mentally unfit as Brown made a business trip the only effective way of preventing Brockville on Thursday. prerogation of the feeble-minded. | Miss Anna Myers, Westport, and

Philipsville News. Philipsville, May 18 .- Owing to Nolan and Miss Mary Freeman, Elgin, were recent visitors of Miss was a week-end visitor in town. Some of the people took advantage of the few fine days and managed to get a portion of their gardens

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EVERY EYE DOES THE BEST IT CAN

Often its best is a very poor service. Every eye tries to overcome any abnormality that may exist in it, and this attempt means some sort of discomfort as a rule. These abnormalities can be overcome by the made-to-measure lens, and in no other way. So it is very unwise for a person to continue to strain the eyes when help is so readily secured. Visit us for the good of your eyes.

R. Arthey, Optometris 148 PRINCESS STREET

Miss Loretta Wright, Athens, were at their homes here the week-end Frederick Atcheson has purchased a touring car. Misses Elva and Doris Chant were at Frederick Hutchings on Saturday.

Miss Catharine Myers, R.N., has returned to her home here after visiting friends in Brockville. Robert Taylor spent Sunday at his home in Chantry. Miss Teressa Jordan has been sewing at Sweet's Corners.

Business Deal at Picton. A business deal of some importance took place in Picton William Anderson sold his confectionery business to Peter Rantis This firm own and operate stores in Trenton and Gananoque.

Ten Million Bottles_

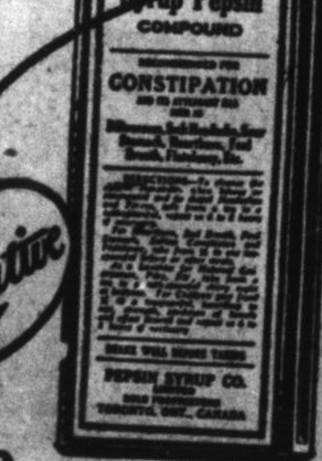
EVERY year ten million bottles of Dr. Caldwell's Laxative Syrup Pepsin are bought by people who recognise the value of this great laxative as a builder of healthy bodies through the relief of constipation.

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 Lazative Syrup Pepsin is articularly recommended to mothers as a pleasant-tasting and effective lazative for children. You can safeguard their health by checking colds and fevers through the use of this great family medicine.

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AXATIVE