

SMILES



WHAT MATTERS WHO? "My brother was a finished saxophone player."



COULDN'T SEE, OF COURSE "He's such a blockhead he sees nothing."



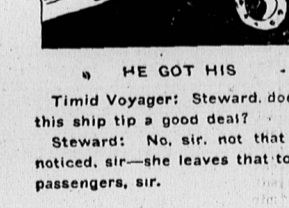
NOT A METALLIST PERHAPS "She: He has a heart of gold! He: Are you sure you can distinguish that metal from brass?"



CAREFREE LOVE "You care for Mildred I suppose?" "No, her parents do that—I love her, you know."



HE GOT HIS "Timid Voyager: Steward doesn't this ship up a good deal?" "Steward: No, sir, not that I've noticed, sir—she leaves that to the passengers, sir."



Professional Cards

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MAY SEYMOUR FOOT LOOSE by BEATRICE BURTON ONE.

MAY SEYMOUR, whose husband killed himself because of her love affair with Jim Carewe, returns home after a year's absence...

Waterbury makes love to May, but fails to ask her to marry him; and May, in a cold rage, decides to go to Europe to pasture her...

Waterbury, however, does not propose; and May has all but decided to go to Europe when Carlotta asks her to spend the winter with her in California.

Waterbury complains of his annual attack of gout, and tells May he is going to leave for the west soon. So May accepts Carlotta's invitation.

May sat silent, watching the chambermaid pack away Carlotta's dresses in the huge wardrobe...

The door of the clothes-closet stood open; and within it were still more dresses—bright-hued things of silk and cobweb lace...

Carlotta brightened visibly. "Fair enough!" she said. "There's nothing I enjoy quite so much as shopping with somebody else—unless it's shopping for myself."

It was cold out of doors. Carlotta's lips were quite blue as they hurried down the Boardwalk...

"I think you'd better buy yourself a fur coat instead of a fall suit," she said to May, with chattering teeth.

May gave this sober thought for a long moment. She had spent almost half of her \$8000 in the two short weeks she had had it.

"The only coat that May really wanted in the little fur-store was a soft, gold-colored one of mink. It was \$3,000."

"I won't even try it on," she said to the saleswoman. "Because I know I'd never take it off, if I did."

"That's the thing I feel about you—that you could bring me very great joy or very great sorrow," he went on slowly, looking deep into May's shining eyes.

Just as May opened her lips to answer him, a fresh young masculine voice interrupted them.

BUTTERCUP YELLOW CREPE MAKES UP SMART COSTUME



By Marie Belmont Buttercup yellow crepe is the vivid medium used for this smart little afternoon dress.

The dress has a pleated skirt and a pleated inset through the bodice, while the sleeves are finished with a section of pleats.

The same model would be most effective in dark blue crepe for street wear, with white organdie at the neck and a red bone buckle.

comes to be hooked up to him? A girl like you?" "I'm not hooked up to him!"

"Oh, my dad had some business dealings with him," Jack told her, with his head bent so that his cheek brushed hers.

"Whose girl are you?" "Nobody's girl," May threw back her head and laughed.

"You are going to be my girl?" "Am I?" May asked, demurely fluttering her eyelashes.

"I'll tell you more about it, tonight," Jack Darnley said as the music ceased, and they went slowly back to Herby and his high-ball.

"How romantic!" May's voice made fun of him, but the look in her eyes was as tender as a kiss.

"A tryst in the dark. All right, I'll meet you, Little Boy!" Herby was gloomy and silent when they sat down.

"Jealous!" May thought. "Well, a little jealousy won't hurt him, just now. He'll probably marry me, just to show this Darnley kid that he can take me away from him!"

(To be continued.)

August Apples

By Barbara Brooks. Home Economist Dept., Kellogg Company of Canada, Ltd., London, Canada.

If someone should ask you what foods you consider typically American, apple pie would undoubtedly receive honorable mention.

The flavor of early apples is good in sauce, too. Wash the fruit and cut it in quarters, remove the cores. Add water and cook until the apples are soft.

Apple Sauce Cake 1/2 cup shortening, 2 cups flour, 1 cup brown sugar, 1 tsp. soda, 1 cup raisins, 1 tsp. salt.

Corn Flake Charlotte. 2 1/2 cups corn flakes, 2 1/2 cups sweetened apple sauce, Juice from 1/2 orange or lemon.

Weekly London Letter

(Continued from page 9)

The High Commissioner for Canada has received from the Imperial War Graves Commission copies of the names of the British soldiers buried in the cemeteries of St. Julien, Belgium, Mericourt l'Abbe and Romeries Communal Cemetery, France.

At the Perthshire Agriculture Show on August 1st prizes will be offered for the best pair of Canadian cattle, the best four Canadian cattle and the best Canadian bull.

Two shipments of Canadian Store Cattle have arrived in England during the past week, one consisting of 727 head and the other of 323 head.

The conditions under which pedigree cattle may be imported into the United Kingdom from the Dominion have now been laid down by the Ministry of Agriculture and Fisheries.

In each case of importation a period of quarantine will be specifically imposed by the Order authorizing the landing, which would not usually be less than 28 days, and which, in certain cases would be extended to six months.

It rests with the importer to make the necessary arrangements for the acquisition of premises to be used as a Quarantine Station (subject to the approval of such premises by the Ministry) and for the care of the animals and to defray all expenses connected with the importation and with the detention of the animals during the period of quarantine.

In no case will the Ministry accept any liability for any loss occasioned at any time by the death or illness of any animal imported under the Act, or by any accident or injury to any such animal.

"Proper Food and Exercise," by ARTHUR A. MCGOVERN

Former physical director, Cornell Medical College.

Indigestion is nature's signal—heed it



THERE is a saying that when a stomach reminds a man that he has a stomach, all is not well. Be that as it may, the whole trouble with most of us is that we fail to take the simplest precautions to retain the good health that Nature gave us.

Your physician will tell you that pills and prescriptions and purgatives cannot cure permanently. Neither the physician nor the prescription can do everything for you.

Watch for the danger signals, however slight, just as you watch for squeaks in your automobile, and heed the warning if you have an attack of indigestion, do not content yourself with taking a pinch of soda and then forgetting about it until the next attack comes.

Learn the cause of the digestive trouble, and take steps to correct it. If you are prone to indigestion, eat still for a half an hour after eating or lie down that long. It is best to lie on the right side.

You carefully watch the oil gauge on your car. Be as careful about the intake of fuel into the human machine. People who eat rich food and take no exercise often develop gout, high blood pressure and other serious ailments.

Instead of taking a baked apple with cream in the morning, take a grapefruit or a glass of orange juice. Instead of two eggs and two roasts, take one egg and one roast.

Between breakfast and lunch take two glasses of water. Luncheon should be light—not only in quantity but in quality. Avoid greasy foods. Do not deceive yourself into imagining that just because you eat for luncheon in small amount it is easily digested. The average business man's "light" luncheon is often heavy.

If you are subject to indigestion, there are a few rules that should be rigidly observed. Don't float your food down—masticate it. Eat at regular intervals. Do not hurry through a meal. Substitute fruits for sweet desserts.

Don't eat starch. This includes bread, cake, flour gravies, etc. Never eat between meals. Be careful not to neglect the foods that require vigorous chewing. Prefer toast to soft bread. Never reject a crust because it is hard. The longer you have to chew your food, the better you will digest it.

Example of a Moderate Diet

BREAKFAST: Grapefruit or orange juice, one egg boiled or poached, two graham, bran or corn muffins, coffee substitute, cocoa or weak tea. Between breakfast and lunch take two glasses of water.

LUNCHEON: A vegetable luncheon consisting of any of the following vegetables: Spinach, peas, egg plant, stringbeans, turnips, asparagus, corn. Glass of milk, dark bread, and for dessert rice or tapioca pudding. Between lunch and dinner three glasses of water.

DINNER: One helping of lean meat, fish or chicken, broiled, one green vegetable, a baked potato, be sure to eat the skin, and for dessert fresh fruit in season, nuts or crackers and cheese.

Mr. McGovern will answer your questions. © A. A. McGovern



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POP HERE IS THE NATIONAL GALLERY MOREEN. NOW IT'S STUDENTS DAY - SIXPENCE SO YOU'LL HAVE TO KEEP QUIET.

WHAT'S HE DOING UP THERE POP? SH-SH HE'S A STUDENT. HE'S COPYING ONE OF THE PICTURES.

I SAY MISTER! WHAT WILL THEY DO WITH THE OLD ONE WHEN YOURS IS FINISHED?

Moreen Ag