

A Good Appetite

deserves food at its best, and here a dash of Colman's Mustard, freshly mixed, helps wonderfully. Doubly desirable for its own flavour and for its happy faculty of bringing out the true savour of foods.



Colman's Mustard aids digestion

Victor

Records

Waltz B. F. Goodrich Silvertown 20892
Cord Orchestra Lewis James 20590

The "Big Hit" Varsity Drag

Fox Trot George Olsen and His Music 20875

On a Dew, Dew, Dewy Day

Fox Trot Nat Shilkret and The Victor Orchestra 20819
Duet with guitar Jim Miller-Charlie Farrell 20906

C'est Vous (It's You)



Waltz Jacques Renard and His Orchestra 20716

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Old Time Southern Song—Big hit!

Duet with violin, banjo, Vernon Dalhart and guitar and harmonica Carson Robison 20539

Also the latest Red Seal records by famous Victor artists

Victor Talking Machine Co.



of Canada, Limited

BAD FOR HIS DIGESTION

shuddered and said, "You mustn't lunch there any more, Gilbert. What a weird combination! And you know how easily you get indigestion." Pausing a moment she went on, "I can understand how enjoyable a cup of tea and a sandwich must be after a game, but seven cups of tea and greens—Mercy!"

Genuine BAYER



ASPIRIN

WHEN YOU BUY "ASPIRIN"—REMEMBER—

Any tablet offered as "ASPIRIN" and not marked with the safety "Bayer Cross" is not "ASPIRIN" at all.

Beware of the statements "Just as good" or "Just the same." Accept only genuine "ASPIRIN," identified by the "Bayer Cross," prescribed by physicians over 26 years and proved safe by millions for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocacetic-acid ester of Salicylic acid (Acety) Salicylic Acid, "A. S. A.". While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

FOR THE WOMAN READER BY FLORENCE RIDDICK BOYS

THE FAMILY

Social workers, who have made a study of the children in orphan homes, learn that one out of twenty are real orphans. The rest have one or both parents living—but they are divorced or are willing to evade their responsibilities to their children, and to "ditch" them on the general public for care.

This leads many social observers to declare that the family is a vanishing thing, that it no longer has any unity or cohesion. They claim that in the old days when Father built the fire in the morning, when Mother filled the oil lamp and the family clustered about in the evening—those were the days when the family was a real and forceful entity.

It is true that the old-fashioned home is gone. No longer does every member of the family share in the actual housework. The wood-box, wash-tub, bread trough—symbols of family interdependence have given place to frigidaires, the radiator, the thermostat. The family goes out for its recreation. Each member is his separate club. This is the age of "cliff dwellers" in apartment houses; of jazz-hounds, the flapper and the sheik, who, with their nimble fingers, may earn more than Dad does. These things are evidences of family disintegration. But they are only one side of the picture.

Over against this is the real estate division where hundreds of acres are blossoming forth into little homes, with their little gardens and little family struggles, and where, of an evening, young couples pour anxiously over the bank book to figure out if they can meet the next installment.

The family life, vitally which no changes of manner of living can destroy. The new forms of life are but incidents on its surface. Underneath, the current runs on true to its primitive instincts. Family life will adjust itself. It will reshape itself and adapt its customs; but it will survive, and emerge as strong as ever, after it has passed through this period of adjustment.

CUT THE CALORIES

"I don't see why I am so fat," said a plump sister. "I don't eat any of those things called calories. I don't believe I'd like their flavor."

Many women are like that. They think that, in order to add avoid-uptoise, they have to eat something special. They do not recognize that the little enemies which make them tip the scales are such innocents as butter, cream, cheese, bacon, eggs, fat meat, most nuts, ice cream, pastry, puddings, cakes, potatoes; cereals and breads—all foods which contain starches, sugars and fats.

We need certain fuel foods to maintain energy each day and to keep pepped up. But if we consume more of those foods than we expend, it is as if we piled up more fuel in the engine room than we stoked into the furnace. Nature being a thrifty old conserver, stores this extra fuel in the body as fat—and woe to you, my plump sister! You will not only be out of style, but out of luck generally.

Fat is a clogging thing in the system. It makes you feel loggy and dull. Think how much more energy and brilliance of mind you would have if you were not studded full of surplus fat. When there is plenty of muscle in the system, we are strong. But if we do not exercise enough to convert that energy into muscle, but sit around and let it pile up as fat, we not only lack the muscle, and have to carry around the fat, but the heart cannot pump the blood thru the body so well, because the heart is weaker and faster, and the body is packed too full of fat and the blood cannot so easily get through. This shows elimination and everything goes wrong.

Guess we'd better spunk up and practice on that slogan, "No, thank you. I'll not take any ice cream today." Subtract from the calories and you add to your vitality.

To maintain vitality and yet to reduce, one might follow a daily ration something like this: From one pint to one quart of milk daily.

Two generous servings of vegetables other than potatoes. One of them should be a green vegetable if it can be managed.

Two servings of fruit; tomato orange and grapefruit.

An egg or lean meat once in awhile.

Step on the scales once a week, and see if you are weighing about right. If you weigh too little, eat up to par; but if you weigh too heavily, cut the calories.

DISHWASHING

Dishwashing is always a task to be lightened, because there will be plenty of it anyhow, the best you can do. It may be made easier by the observance of the following points:

1. Indulge in happy thoughts, a song or the memory of a poem while you are doing it.

2. As you cook, wash, wipe and put away as many as you can of the dishes you use to prepare the food. This reduces the number of dishes to be washed after the meal and their washing can be chinked in and their labor will not be noticed.

3. Leave the last pots and kettles soaking in the sink.

4. Use a tea-wagon or small table on castors in clearing the table. This will serve as an extra table in doing the dishes.

5. Scrape the dishes well for washing and wet up those which have food dried on them.

6. Rinse the dishes with very hot water.

7. Wipe them as rapidly as you can handle them. Some people, either from absent-mindedness, or from a too particular habit, will waste much time wiping dishes, rubbing them much longer than is necessary. They do not need much rubbing if rinsed in very hot water.

8. In washing, use soap flakes, and a water softening powder, if the water is hard.

9. Do not use the dish-cloth to scrub up tables and stove after the dishes are washed. Have a separate cloth for that and use the dishcloth only for the dishes. Keep the dishcloth very clean. Have a good supply and drop them frequently in the wash. A clean dishcloth a day would not be too many.

10. If you are very busy and will use the same dishes for the next meal, leave them on the tea wagon after you have washed them, covered with a towel, and ready to wheel to the table when you set it for the next meal.

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FASHIONS, FADS, FOIBLES.

The newer sport garb is composed of sweater and skirt, and is fairly bizarre with zig-zag lines crosswise. Sport skirts, the shortest of our gowns, are to be two inches below the knee. Hemlines are coming down.

Coat cuffs are wide, and sleeves flare in harmony with the ripple of the new skirt lines. Soft crepes are used freely in business and street dresses, but evening gowns are made of stiff and heavier materials; satin, velvet, metal cloth and taffeta.

Geometric figures abound in dress decorations. Checks, angles and curves of the same goods, as the garment are stitched on it for trimmings.

The side drape is a popular trimming for dresses and gives a fullness to the tight skirt. The point of the drape falls several inches below the hemline.

The season's hats are narrow and high and make the short woman look taller.

VISIT THE SCHOOL

"Oh, dear, what can the matter be. Parents don't visit the school?" So sang we as youngsters, and thought when we grew up, we, at least, would not be guilty—but life is so busy.

We have heard of a Parent-Teacher Club, however, which not only visited the school, but did things there. They met in the school house and found that the seats were out-of-date and not comfortable for their children six hours a day. They remedied that. Then they investigated the drinking water, and the toilets and the floors and walls and woodwork, yes, and even the stove—for it was a rural club. This time they did not come in dress-up regalia, but with scrub brushes and pails. They hung shades in the windows, brought in a few potted plants and hung three real works of art on the walls, to feed the souls of the children.

They took away that dreary, ramshackle look to the school house. I think next spring they will landscape the school ground.

PICKLE LIQUID

The liquid left from a can of peach or pear pickles and other pickles, too for that matter, may be utilized in many ways. It is a good foundation for a pudding or for a cake or for a pudding sauce. A tablespoonful of it added to mayonnaise dressing will give it a new and mysterious flavor. Pour a cupful of it over your roasts, and the acid will help to make them tender while the pickle spice imparts flavor. Heat it and pour over beets or greens or other vegetables.

SMILES

"I'm surprised that Dorothy is taking violin lessons. She hasn't an ear for music."

"But she has beautiful elbows."

"Would you like to be free to marry again?"

"No, just free."

A Simple Treatment For Children's Colds

Cold in the head is very common at this time of year, especially in the very young. Neglect of a cold is prone to lead to serious consequences. To relieve all congestion of the system is the first step in treating a cold, whether in infants or adults. For the very young, Baby's Own Tablets are the ideal means of doing this. Containing no narcotics or other harmful drugs they soothe the child's fretfulness, relieve its suffering and ensure convalescence.

Baby's Own Tablets are without an equal for relieving indigestion, constipation and colic. They check diarrhoea; break up colds and simple fevers; promote health-giving sleep and make the dreaded teething period easy. The Tablets are the one medicine that a mother can give her little ones with perfect safety as they are guaranteed to be free from injurious drugs. They are sold by all medicine dealers or by mail at 25 cents a box from the Dr. Williams Medicine Co., Brockville, Ont.

Tryon Tid-Bits

Good morning, friends! Yes, I am back to tell you some choice bits. Do you know, sometimes as I sit thinking, I wish I could enter the home of each and every Guardian reader, and become personally acquainted with the inmates of those particular homes. Well, as I was going to say, imitation (it is said) is the sincerest form of flattery, and there is little doubt that each and all of us have used that form some time in the past. Yet the trouble with most every imitator is that there is something about the imitation which brands it as a model which, while not the proper word just here, is as defined in the dictionary as a small imitation of the real thing. But now I must tell you of something absolutely new and original in fur farming, the Cat and Rat Ranching Co., P. E. I., which, like perpetual motion, is designed to run itself, viz: no cost for food. The scheme is the product of a young P. E. I. rancher's mind, and is indeed very simple. The rats feed the cats, and the cats feed the rats, and the cat skins produced net a fine profit. Why, Mr. Investor, here is a profit-making venture that makes foxes, seed potatoes, and even that once-dreamed-of oil well on Governor's Island look like a French sou alongside of an English sovereign. But, "nuff sed," I was saying stock for this new and enterprising firm. But no such an opportunity as this, for no less a place than Wall Street so that you must watch out, or you surely will miss this, the chance of a life-time, to make money from rats.

Messrs. J. Albert Callbeck, Roy McKenzie, Ralph Lyman and Geo. McLeod were recent visitors to the neighboring settlement of Cape Traverse.

Mr. and Mrs. Frank Robblee, Tryon Branch Road, were visitors to Victoria Sunday, where they attended morning service at St. John's Anglican church.

Mr. J. A. Thomson was a visitor to Craupud on Tuesday evening.

The radio department of Mr. H. M. Chisholm's store is open at all times, and every one is welcome. It is a pleasant place to drop into, for lined along the walls are the latest and best that radio engineers have yet produced.

We are sincerely sorry to learn that Mr. Ernest Inman, one of our leading farmers, is confined to his home with blood poisoning in his right knee.

Mr. C. W. Ives, who in addition to his many activities, namely, North Tryon Electric Light and Power, North Tryon Flour Mills, and North Tryon Saw Mills, operates a large farm, has finished digging a large acreage of potatoes, and is now busily engaged in grading and shipping.

Mr. Hiram Howatt, one of Tryon's potato princes, has finished digging and now at the wheel of his Chevrolet truck is speedily landing his crop at Albany station.

Mr. Arthur Green, of Green Bros., Albany, was in Tryon Monday on business.

The Luby & Bowers Concert party made their first appearance in Victoria Opera House on Saturday night. The nature of the concert was such (we are informed) that the boys all look forward to the return of the party.

Overheard in Tryon: First Party. So you are going to Boston? Second Party, Yes; First Party, Never been there, have you? Second Party, No. First Party, Well, you may know your onions, but you don't know beans. Second Party, Why? First Party, Why, you've never been to Boston. To which I reply, Boston and beans may be all right, but there is a spot called home, sweet home, and that to me is Old Tryon.

Where ever if we all don't know beans or onions we know real comfort, and enjoy life in the prettiest part in the prettiest province in our great Dominion.

Now I am glad to inform you all that our genial fur man, Mr. Rex Dawson, who had his wrist broken some time ago, says it is doing nicely, and with this pleasant news, bid you all good bye, for it is a rainy morning and "But, bye, friends. Yours for Spuds, Eismac, of Z."

Acid Scalp

How many carefully coiffured heads can stand the test of eyes only inches away, and reveal not a speck of dandruff? How many women can warm to the dandruff? Know their hair will have no taint for the partner who holds them close?

No one can be sure who has acid scalp.

If you even suspect this acid condition of the scalp, it is time for Danderine. This scientific preparation will neutralize any acidity; and dissolve all dandruff if there is any. And it always gives the hair itself a lovely softness and sheen. It will wave better, hold a wave longer, and behave better all the time if you just occasionally apply a few drops of Danderine. Try it! Every drugstore has this perfect conditioner of the scalp and hair, and a thirty-five cent bottle lasts for weeks.

Nearly Two Miles Underground

(By British United Press)

SOUTH AFRICA, Oct. 21.—Ice-cooled air is enabling men to work 7,650 feet underground—the deepest point to which man has ever burrowed towards the earth's core—in the Truf shaft of the Village Deep gold mine, Johannesburg. Apart from economic factors, it was once thought by experts that deep level mining would reach its limit at 7,500 feet because of the high temperatures which obtained at the lowest points. Statistics show that in the Village Deep mine there is an increase in the temperature of one degree Fahrenheit for every 254 feet of vertical depth.

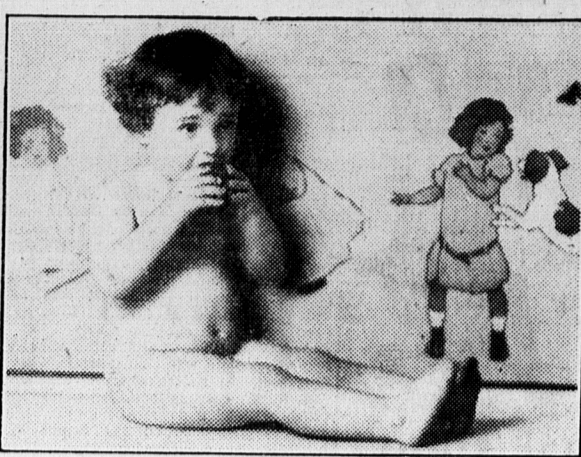
At the deepest point of the Village Deep the rock temperature is already equal to that of the human body, and it is calculated that at a depth of 9,000 feet the temperature will be 105.8 degrees.

Thanks to a new method of ice cooling, work can be carried on to almost any depth. So far as is known, the Village Deep is the only mine in the world where ice is utilized for cooling purposes. Eighteen months of experiments have proved the system to be remarkably successful and to-day the mine is using more than four tons of ice daily.

The method consists of placing the ice in the delivery ends of 15-inch ventilation pipes. The air coming from the pipes passes over the ice and is then concentrated on the spot where work is progressing. The method has proved most effective, and has succeeded in lowering the temperature at least seven degrees.

By increasing the quantity of ice, a reduction of no less than sixteen degrees has been attained.

After the company had gone, Mrs. Mason said to her husband, "What on earth did you mean, John, by telling the Flemings that my humor was positive, but not negative?" "I meant," said Mr. Mason, discreetly moving towards the door, "that you one!"



Care of Babies

Why do so many, many babies of today escape all the little fretful spells and infantile ailments that used to worry mothers through the day, and keep them up half the night?

If you don't know the answer, you haven't discovered pure, harmless Castoria. It is sweet to the taste, and sweet in the little stomach. And its gentle influence seems felt all through the tiny system. Not even a distasteful dose of castor oil does so much good. And it is so pleasant to take. Taste it yourself, and you'll know why "Children Cry for it."

Fletcher's Castoria is purely vegetable, so you may give it freely, at first sign of colic; or when you even suspect the approach of constipation; or diarrhea. Or those many times when you just don't know what is the matter. For real sickness, call the doctor, always. At other times, a few drops of Fletcher's Castoria. See how quickly all fretfulness or wakefulness will cease!

Only one word of warning: the above advice is true of genuine

Castoria. The kind called Fletcher's, bearing Fletcher's signature is genuine—and does not contain opiates or any other drug that can harm your baby. Other preparations may be just as free from harm; the writer does not know as to that, but does know one family whose children will never make the experiment!

* SPECIAL NOTE: With every bottle of genuine Fletcher's Castoria is wrapped a book on "Care and Feeding of Babies," worth its weight in gold to every mother or prospective mother.

Children Cry for



Hear the KOLSTER -then Compare Tonal Quality-Selectivity-Distance-Ease of Operation

ONLY by comparing Kolster Radio with other makes of radio can you gain a true idea of the amazing superiority of this finest of all sets.

In perfecting Kolster Radio with its unmistakably superior performance and reasonable price, Dr. Kolster created an entirely new standard of "value-per-dollar" in radio.

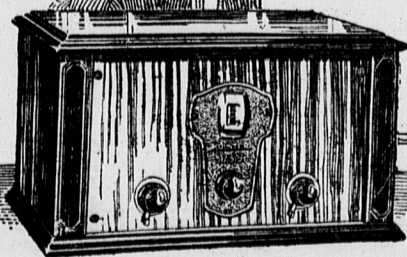
Today this Canadian-manufactured set is winning enthusiastic owners everywhere in the Dominion.

The Kolster will revise your ideas of perfected radio performance. On every basis of comparison—tonal quality—selectivity—distance—ease of control—it demonstrates its outstanding value.

We invite you to hear the Kolster. Compare it with sets costing very much more. Let your ear decide—let the instrument prove itself.

Your nearest dealer can probably arrange a Kolster demonstration for you. If not fill in the coupon below and mail it today.

Made in Canada by CANADIAN BRANDES LIMITED TORONTO - CANADA



THE KOLSTER 6-D A Six Tube Set with Single Control \$125 Two Six Tube Console Models at equally attractive prices.

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CANADIAN BRANDES LIMITED Queen's Quay, Toronto, Ont. Without cost or obligation to me I'd like to have: 191 A demonstration of Kolster Radio. 191 Your booklet showing all models of Kolster Radio. Name: Address:



DR. FREDERICK A. KOLSTER Dr. Kolster is recognized as an outstanding genius among radio scientists. Among his important inventions are the Kolster Radio Compass and the Kolster Decca meter. Kolster Radio is the outstanding achievement of his brilliant career.

Hear Kolster Radio Greatest Value-per-Dollar