

PRINCE EDWARD—TODAY ONLY 3.00, 7.00, 8.45  
 ROCHELLE HUDSON — HENRY FONDA  
 IN "WAY DOWN EAST"  
 ALSO . . . SPORT REVUE & LAUREL - HARDY

**BECAUSE HE STOLE  
 A LOAF OF BREAD...**

the law made a monster of him!  
 Sentenced to 10 years of brutal  
 labor in the galleys... Jean  
 Valjean emerged a broken  
 man! Even then, the law  
 denied him peace, denied  
 him love... in a story that will  
 burn itself into your memory!

SPONSORED  
 BY  
 KNIGHTS  
 OF  
 PYTHIAS



VICTOR HUGO'S  
 Ageless chronicle of man's  
 inhumanity to man

**LES MISÉRABLES**

starring  
**FREDRIC MARCH**  
 3 DAYS  
 MON. - TUES. CHARLES  
 WEDNESDAY LAUGHTON  
 DAILY 3.15 - 7.00  
 & 8.45 P. M. CEDRIC HARDWICKE  
 PRINCE EDWARD - EVENING 26c, 32c, 37c.

**PETUNIA  
 POINTERS**

Petunias rank high among the  
 dependable annuals that lend them-  
 selves to a variety of uses in the  
 flower borders, and in window and  
 porch boxes. If you are tired of the  
 endless single pink sorts, there are  
 velvety blues, snowy whites and  
 mixtures of colors, often laid on  
 with a dash of originality to de-  
 light the lovers of something dif-  
 ferent. And even the single pinks  
 that have been overdone in some  
 gardens, have their place, if given  
 strong enough masses of the darker  
 blues and some taller blues such  
 as are found in the salpiglossis, the  
 scabiosa and some of the delphinium.  
 The range of petunia varieties  
 offers great scope in single and  
 double sorts, and quaintly curled,  
 and frilled petals, softly tinted as  
 though made by fairy fingers.  
 Study of the seed catalogues  
 shows an almost bewildering ar-  
 ray of varieties from which to  
 choose upright growing or trailing  
 sorts for a great variety of loca-  
 tions in the home garden. You may  
 like the ruffled monster type, pale  
 lilac tinted or deep velvety blue  
 with large single flowers. Perhaps  
 in the doubles it may be the snowy  
 white Madonna, a green-edged  
 double or a double rose pink frilled  
 or one of the rose and white  
 variegated sorts.  
 For the window box the choice  
 might be balcony blue or balcony  
 red, balcony red used alone or  
 with other plants usually found in  
 porch and window boxes. If dark  
 colors are wanted for the white or  
 yellow house the choice might fall  
 on Purple Prince, the darkest vel-  
 vety purple single or the variety  
 Alderman with its dark violet  
 tones.  
 To get the longest possible sea-  
 son of bloom from the petunias,  
 they should be sown in the green-  
 house or heated sunporch late in  
 February or early March. To get

**N. D. MacLean**  
 UNDERTAKER  
 EMBALMER  
 Charlottetown and  
 North Whitehorse  
 Phone 149

Capitol—TODAY—3-7-8-45  
 GEO. O'BRIEN IN  
 "WHISPERING SMITH  
 SPEAKS"  
 ALSO COMEDY AND  
 BUCK JONES SERIAL

LAUGH—TOWN—LAUGH!



You'll yell "Uncle"  
 when the fun starts!  
**YOUR  
 UNCLE  
 DUDLEY.**

A Fox Picture with  
**Edward Everett  
 HORTON**  
 LOIS WILSON  
 JOHN MCGUIRE  
 ROSINA LAWRENCE  
 ALAN DINWART  
 MARIAN ATISON

ALSO . . . SONG SKETCH-  
 TODD - KELLY COMEDY  
 MARITIME PROVINCES  
 TRAVELOGUE

MON. TUES. WED.  
 DAILY 3.15 - 7.00 - 8.45  
 CAPITOL Mat. . . . 11c, 26c,  
 Eve. . . . 26c, 32c, 37c.

**C.N.R. to Install  
 Air Conditioning**

Canadian railways are making  
 arrangements to produce air-  
 conditioning into their train ser-  
 vices. This was announced in a  
 joint statement issued by the man-  
 agements of the Canadian National  
 and Canadian Pacific Railways, and  
 the coming summer will see several  
 trains so equipped on the more  
 heavily travelled lines of both com-  
 panies.  
 The work of air-conditioning  
 present equipment will be under-  
 taken gradually so that the types  
 of air-conditioning devices used  
 will be the best and latest obtain-  
 able. The air-conditioning equip-  
 ment will be operated through the  
 year, adding to the comfort of  
 passengers during both winter and  
 summer. The object is to have the  
 air in passenger cars clean and  
 pure at all times and the tempera-  
 ture agreeable, irrespective of the  
 winter or mid-summer temperatures  
 which may exist outside of the car.  
 It is the aim to eliminate dirt  
 and dust entirely from the water,  
 which is used in the cooling system,  
 to a minimum.  
 Committees of mechanical and  
 traffic officers of the two Cana-  
 dian railway systems have been  
 quietly but thoroughly making in-  
 vestigations of air-conditioning de-  
 vices for passenger equipment for  
 a considerable time, studying in  
 particular the success obtained with  
 the various types which have been  
 in use, determining their relative  
 efficiency, economy, etc. The rail-  
 road officers state that they early  
 recognized that air-conditioning  
 will eventually be in common use,  
 and their researches have been  
 made with a view to assuring for  
 travellers in Canada air-condition-  
 ing which would embody all the  
 known improvements.  
 After being cleaned, cooled or  
 heated to the desired temperature,  
 the air is released into the cars  
 through special ducts to avoid  
 drafts, and ventilators pass out the  
 used air. Air-tight windows and  
 doors are necessary in successful air-  
 conditioning and also to eliminate  
 dirt and reduce noise.

**The Eastern Guardian**

**..CANADIAN LEGION**—The  
 regular monthly meeting of the  
 Montague Branch of the Canadian  
 Legion B.E.S.L. was held in the  
 Memorial School on Thursday, Feb.  
 6. In spite of bad roads and severe-  
 ly cold weather a goodly number  
 were present. Comrade A. F. Camp-  
 bell occupied the chair in the  
 absence of the President, Comrade  
 G. McDonald. Meetings and agri-  
 cultural training in the area as a  
 whole. It will aim at providing  
 wider, training facilities for youths.  
 Its first move has been to set up  
 committees of experts to investi-  
 gate prospects in the engineering  
 and building trades.  
**NO REMEDY**  
 Recently a would-be chicken  
 fancier had some difficulty with her  
 flock and wrote the following letter  
 to her country's Department of  
 Agriculture:  
 "Something is wrong with my  
 chickens. Every morning when I  
 come out I find two or three lying  
 on the ground, cold and stiff, with  
 no heat in the air. Can you tell  
 me what is the matter?"  
 After a little while she received  
 the following letter from the De-  
 partment: "Dear Madam—Your  
 chickens are dead."  
**On The Emergency Shelf**  
 Several cans of soup.  
 A package of chicken and beef  
 bouillon cubes.  
 One can, at least, of shrimps,  
 tuna fish, salmon crabmeat, poited  
 ham.  
 One can, at least, of tomatoes,  
 peas, corn, baked beans, prepared  
 spaghetti, asparagus tips.  
 One can, at least, of canned  
 peaches, pears, cherries.  
 One jar of stuffed olives, sour  
 pickles, mixed sweet pickles, may-  
 onnaise.  
 Keep these together and when  
 one is used replace it and see if  
 it is possible to embarrass you  
 when unexpected guests arrive for  
 luncheon.  
**AIRTIGHT TINS**  
 Airtight tins are not easily come  
 by, for once a tin has been opened,  
 it can rarely be really airtight  
 again. Therefore biscuits in a tin  
 deteriorate.  
 To prolong the life of the biscuits,  
 instead of lining the tin with paper,  
 sprinkle the bottom thickly, with  
 coarse white sugar.

**VEILING OFTEN PROVIDES  
 BRIM OF DRESSY HAT**

Although sports hats remain  
 simple in line, those for after-  
 noon and evening reach a height of  
 fantasy in which tricky veils play a  
 large role. Stiff veillings of the  
 horse hair type make transparent  
 and alluring brims for late after-  
 noon and evening hats the veil  
 falling in sunray pleats over the  
 face.  
 A new version of the halo hat  
 is shown in a felt whose brim is  
 faced in velvet and trimmed in  
 front with a small velvet bow. An  
 open mesh veiling covers the crown  
 and drops over the face.  
 Suzanne Talbot has converted  
 the hair net of course mesh into  
 a veil. The loose mesh covers the  
 knot of curls at the back of the  
 head and is held in place by a  
 narrow black velvet ribbon. In  
 front the mesh extends like a veil  
 to the tip of the nose. A tiny little  
 felt hat is worn on the top of the  
 head. The crown is extremely shal-  
 low and trimmed with a band of  
 black velvet, the little brim is only  
 an inch or so wide.  
 Talbot makes use of this same  
 hood-like veil again under a  
 pagoda shaped hat of white which  
 is trimmed on the crown with a  
 circle rose.

**ARTIST OWES SUCCESS TO  
 FELLOW STUDENTS**

A poverty-stricken young Aus-  
 tralian artist, C. W. Bayliss, has  
 been awarded the travelling  
 scholarship of the Gallery Art  
 School in Melbourne, and will soon  
 go to Europe to study.  
 Bayliss does not yet know of his  
 good fortune, because he is passing  
 the school vacation on tramp in  
 the back blocks.  
 He owes his success largely to a  
 fellow student, a girl who know-  
 ing that he could not afford to pay  
 for a model, posed for him. The  
 painting gained for him the scholar-  
 ship.  
 During term time Bayliss lived  
 on two penny pies a day and rode  
 to the school from one of the  
 poorer Melbourne suburbs on an  
 old bicycle.  
 bed start in April, using a manure  
 or electric hotbed according to the  
 size of the garden and the type of  
 heating material that is most readi-  
 ly obtainable.

**ANOTHER "ABE"**

NEW YORK, Feb. 14—A tall,  
 white-haired lady, who knew Abra-  
 ham Lincoln when she was a little  
 girl, celebrated his birthday by  
 urging the Republican Party to find  
 another Lincoln.  
 Mrs. Mary-Scott-Uda, now 91,  
 spoke out at a meeting of the Re-  
 publican Committee of 100.  
 "Lincoln was frequently a guest  
 in my father's house," she said.  
 "I remember one emergency  
 when it was suggested that he  
 should be a candidate for office.  
 "Boys, don't mind me," he said.  
 "You must pick a man who can  
 win."  
 "And that is what you Republi-  
 cans have got to do," Mrs. Scott-  
 Uda said.

**SMALL PARTS**

It is not required of every man  
 and woman to be, or to do, some-  
 thing great; most of us must con-  
 tent ourselves with taking small  
 parts in the chorus, as far as pos-  
 sible without discord. Shall we  
 have no little lyrics because  
 Homer and Dante have written  
 epics? And because we have heard  
 the great organ at Freiburg, shall  
 the sound of Kathis either in the  
 alpine hut please us no more?  
 Even those who have greatness  
 thrust upon them will do well to  
 lay the burden down now and  
 then, and congratulate themselves  
 that they are not altogether  
 answerable for the conduct of the  
 universe, or at least not all the  
 time. "I reckon," said a cow-boy  
 to me one day, as we were riding  
 through the Bad Lands of Dakota,  
 "there's some one bigger than me  
 running this outfit. He can tend  
 to it well enough, while I smoke  
 my pipe after the round-up." —  
 Van Dyke.

**YOU NEVER MISS THE WATER  
 UNTIL WELL RUNS DRY**

A hundred-year-old well is still  
 functioning in Mackinaw, Ill.  
 Housewives in the vicinity say  
 "good old well water beats other  
 water any time for making tea or  
 coffee." The well is 65 feet deep  
 and owned by the city.  
 Huff said the well's water supply  
 has been unbroken since he took it  
 over shortly after the Civil War.  
 Connoisseurs say water from the  
 well is excellent for making coffee  
 and boiling vegetables. Families  
 come from nearby towns to tap its  
 supply.  
 One housewife living at Minie,  
 near here, insists on well water for  
 cooking of making coffee. She  
 argues vegetables cook quicker in it  
 and retain a better color. One wo-  
 man bases her reputation as a cof-  
 fee maker on use of well water.

**RUMANIAN PARENTS IN  
 FEAR OF KIDNAPING**

"Unless you wish your children  
 to share the fate of the Lind-  
 bergh baby" is the treat contained  
 in blackmailing letters which have  
 been circulated to wealthy parents  
 in the Rumanian city of Czerhovitz,  
 according to reports reaching  
 Bucharest.  
 Large sums of money have been  
 demanded by the extortioner sign-  
 ing himself "Black Hand."  
 The police and the recipi-  
 ents of the letters were inclined to  
 regard them as the work of a crank  
 until the nursemaid employed by  
 one family, which had received a  
 letter, was knocked down in the  
 street by an unidentified man, be-  
 cause she shouted for the police  
 when he questioned her about her  
 employers.  
 Detectives are now trying to  
 trace a kidnaping gang.

**EDUCATION FOR JOBS**

A new organization for the pro-  
 motion of education for industry  
 the South Wales Advisory Council  
 for Technical Education—is now  
 at work.  
 All the country authorities in  
 industrial South Wales are co-  
 operating, and it is anticipated that  
 the activities in agricultural areas  
 will soon fall into line. The Welsh  
 Department of the Board of Agri-  
 culture, the University and Techni-  
 cal Colleges, and various trades and  
 industries are also represented on  
 the executive.  
 The Council will view the  
 development and co-ordination of  
 industrial, commercial and agri-  
 cultural training in the area as a  
 whole. It will aim at providing  
 wider, training facilities for youths.  
 Its first move has been to set up  
 committees of experts to investi-  
 gate prospects in the engineering  
 and building trades.

**Hereditry Strikes**

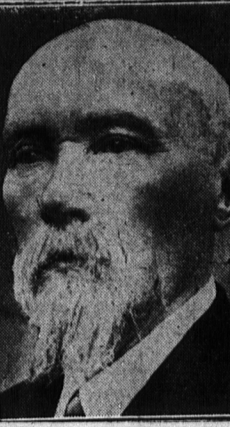
Almost on the eve of the last  
 Olympic Games, the Cleveland girl  
 decided to sprint for Poland, drop-  
 ping plans for naturalization that  
 would have permitted her to  
 compete for the United States.  
 She will run for Poland again this  
 year. "I am automatically a mem-  
 ber of Poland's Olympic team be-  
 cause I am Polish national cham-  
 pion," she points out.  
 Stella began winning cham-  
 pionships in her early teens, be-  
 coming women's senior champion  
 of Cleveland at the age of 14. At  
 17 she made her first trip to Eur-  
 ope and for the first time equalled  
 the women's world record of 7.6  
 seconds in the 60-metre sprint.  
 After that, records fell  
 regularly under the spikes of the  
 flying Polish girl star. Her past  
 and present records for the world  
 and Poland total 52 in the dashes,  
 long sprints and field events.  
 Stella plans to become an in-  
 structor in athletics after retire-  
 ment from competition and to  
 train in the sister Clara for the  
 1940 Olympics. Clara, she will  
 tell you has the old Walsh speed.

**COOK SLOWLY**

Long slow cooking is essential for  
 all dried fruits in order to soften  
 the skins. If prunes are soaked  
 overnight in water to cover and  
 then simmered always below the  
 boiling point for three or four  
 hours and allowed to stand again  
 over night before serving they will  
 be tender, firm and fine-flavored.  
 If sugar is added it should be put  
 in ju' before reboving from the  
 fire.

**NOTICE**

We are ready to buy Men's  
 Suits, Boots, Shoes and Rub-  
 bers.  
 All kinds Carpenter and  
 Mechanics' Tools, Harness,  
 Saddle, Firearms and Furni-  
 ture.  
 We pay spot cash for every-  
 thing we buy.  
**The Exchange Store**  
 108 Richmond Street  
 Phone 869 Charlottetown



EXPLORER CALLED SPY

Nicholas Roerich, artist, explorer  
 and plant expert, whose expedition  
 in search of rare plants in Man-  
 choukuo has been terminated by  
 officials of the country, following  
 an involved controversy which in-  
 cluded charges that the explorer  
 was a "spy."

**KELVIN GROVE**

Report of Kelvin Grove School  
 for the months of December and  
 January:  
 Grade IX—1, Ruby McMurdo; 2,  
 Lillian Forbes.  
 Grade IX—1, Lloyd McPherson;  
 2, Alfred Staver.  
 Grade VII—1, Ella Hogg; 2, Helen  
 Forbes; 3, Sidney Forbes.  
 Grade VI—1, Ella Thompson; 2,  
 Wendell MacKay; 3, Keith Thomp-  
 son.  
 Grade IV—1, Elmer Cotton; 2,  
 Leslie Waugh; 3, Ralph Waugh.  
 Grade III—1, Leigh MacKay.  
 Grade II—1, Eleanor MacMurdo;  
 2, Irving Miller; 3, Ruth MacNeill.  
 Grade I—1, Edgar Miller; 2,  
 Mary Forbes; 3, Vernon Miller.  
 Teacher—J. Wendall MacNeill.

**BETTER SCRUBBING**

The scrubbing brush should be  
 moved up and down with the grain  
 of the wood, never across it. Cold  
 water is better for this job than  
 warm as it does not soak into the  
 wood as quickly and the floor will  
 dry sooner.

**All Protected**

Before you start that orgy of  
 baking for the Christmas goodies,  
 paper your kitchen floor with  
 newspapers. Then anything spill-  
 ed cannot stain the linoleum and  
 when you are finished all you have  
 to do is to roll up the papers and  
 enjoy a spotless floor.

**Words to the Wise**

By changing the position of the  
 furniture in the room you cause  
 the rugs to wear more evenly.  
 A fresh newspaper lining in the  
 garbage pail after each emptying  
 makes it much easier to clean.  
 Mother of pearl articles should  
 be cleaned with whitening and  
 cold water as soap will discolor  
 them.  
 It is a foolish woman whose  
 Sunday dinner is so elaborate  
 that her "day of rest" is spent in  
 the kitchen.

**On The Emergency Shelf**

Several cans of soup.  
 A package of chicken and beef  
 bouillon cubes.  
 One can, at least, of shrimps,  
 tuna fish, salmon crabmeat, poited  
 ham.  
 One can, at least, of tomatoes,  
 peas, corn, baked beans, prepared  
 spaghetti, asparagus tips.  
 One can, at least, of canned  
 peaches, pears, cherries.  
 One jar of stuffed olives, sour  
 pickles, mixed sweet pickles, may-  
 onnaise.  
 Keep these together and when  
 one is used replace it and see if  
 it is possible to embarrass you  
 when unexpected guests arrive for  
 luncheon.

**RUPTURED ?**

Had your rupture. Advanced method  
 without understraps or elastic. Very  
 light. CANNOT SLEEP. Comfortable.  
 Safe. INEXPENSIVE Guaranteed. For  
 particulars write  
**SMITH MANUFACTURING COMPANY**  
 Dept. 5 Preston, Ont.  
 Established 1893

**Halifax Port  
 Arrivals**

**ARRIVALS:**  
 Incomore from Liverpool.  
 National IV from Nfld. ports.  
 Illegunvor from Jamaica.  
 Novaitie from Local Harbour.  
 Penland from Local Harbour.  
 Barge from Local Harbour.  
 Baxter Dick from Local Harbour.  
 Erg from Local Harbour.  
**SAILINGS:**  
 Novaitie to Local Harbour.  
 Capulin to London.  
 Rosalind to New York  
 Incomore to Boston.  
 Penland to Local Harbour.  
 Erg to Local Harbour.

**VESSLS IN BERTH:**

Penland, discharging.  
 Barge, discharging.  
 Can. Scottish, loading.  
 National IV, discharging.  
 Baxter Dick, berth.  
 Erg, berth.  
 Lady Drake, loading.  
 Cathart, loading.  
 Novaitie, discharging.  
 Barge No. 2, berth.  
 Capulin, loading.  
 Illegunvor, discharging.  
 New York City, loading.  
 Incomore, loading.  
 Rosalind, discharging.  
 Markland, discharging.

**VESSLS DUE TO ARRIVE:**

Feb.  
 12—Pacific Commerce from U. T.  
 Lovland from Swanesa.  
 13—Glenbank from Far East.  
 14—Lady Rodney from Jamaica.  
 Man. Brigade from St. John.  
 Beaverford from St. John.  
 15—D. of Abhol from St. John.  
 Montcalm from Liverpool.  
 Malayan Prince from Far East.  
 Ascania from New York.  
 Rydholm from New York.  
 16—Norwegian from St. John.  
 Tekoa from New Zealand.  
 Aurania from Havre-Southampton.  
 Antonia from Liverpool.  
 Chedaberto from E. C. ports.  
 Portia from Nfld. ports.  
 17—A Steamer from St. John.  
 Fort Amherst from St. John's.  
 Pilsudski from New York.  
 Incomore from Boston.  
 Lovland from Halifax.  
 McKeppert from U. S. ports.  
 18—Giano from New York.  
 Nova II from Halifax.  
 Althira from Glasgow.  
 Can. Victor from New Zealand.  
 Belle Isle from Nfld. ports.  
 20—Man. Exporter from St. John.  
 Lady Nelson from B. W. I.  
 21—Cavelier from Jamaica.  
 D. of Bedford from Liverpool.  
 Beaverhill from St. John.  
 22—Montcalm from St. John.  
 Larchbank from Far East.  
 Dom. Shipper from Halifax.  
 Aurania from New York.

**BUY FOR LESS**

**CHRISTIES BROWN SODAS, pkg.** 12c  
**SALMON, tall tins, 2 tins** 25c  
**PASTRY FLOUR, 7 lb. bag** 25c  
**SUPER SUDS, large** 10c  
**CHIPSO, large with Soap for** 25c  
**CLIMAX SOAP, 10 bars** 29c  
**HEINZ BAKED BEANS, 2 tins** 25c  
**HEINZ VEGETABLE SOUP, 3 tins** 29c  
**HEINZ CREAM OF TOMATO SOUP 2 tins** 29c  
**HEINZ CREAM OF MUSHROOM SOUP**  
 2 tins 29c  
**FRUIT—NEWS—PASTRY**  
**PRINCE GROCERY**  
 PHONE 846-J.

**Start Plants Early In Seed Flats**

Thousands of seedling plants are  
 grown successfully each spring in  
 small boxes of soil placed in boxes  
 in south of east windows.  
 They are a reliable aid to good  
 gardening if properly handled.  
 The preparation of the seed box  
 in a simple task but one that needs  
 care to be reasonably certain of  
 bringing the seedlings to planting  
 size.  
 First is the question of drainage.  
 The seed box, whether it is a cigar  
 box or large flat box, needs to  
 have holes bored in the bottom,  
 about 6 inches apart in large  
 boxes and 3 inches apart in the  
 cigar box. Over the bottom of the  
 box spread broken flower pots,  
 crockery or small pebbles, then  
 coarse soil and last of all finely  
 sifted soil.  
 For the finer seeds it is an ex-  
 cellent plan to cut burlap to fit  
 the box and lay it over the coarse  
 drainage and then place the soil  
 upon it so that the box may be  
 watered by setting it in a pan of  
 water and there will be no danger  
 of washing the tiny seeds or seed-  
 lings. Firm the soil and sow the  
 seed thinly in rows. This is bet-  
 ter than sowing broadcast as it  
 will be appreciated when it comes  
 to transplanting.  
 Thin sowing is economy. Quan-  
 tities of seed are wasted by too  
 thick planting. The tiny plants  
 crowd each other and none of  
 them has a fair chance when they  
 come up thick as fur. This neces-  
 sitates early transplanting before  
 the seedlings are strong enough to  
 be handled.  
 Cover the seed boxes with a  
 damp cloth or piece of paper until  
 germination starts, and place a

**BEAUTY REST**

No one but yourself can make  
 a flat rule about the num-  
 ber of hours you need to sleep  
 each night. Some people can get  
 along happily on six, or even five.  
 Others—and this applies to the  
 majority of adult—need about  
 eight. The problem is indeed an  
 individual one and only by the  
 time-old trial method can you find  
 out.  
 One general rule, however, we  
 can make, and this is that each  
 person should figure out what  
 rest she needs nightly, then stick  
 by her rules. If she wants to look  
 pretty and fresh through the years,  
 she must do this.  
 How can you tell when you're  
 getting adequate and proper rest?  
 Well, just by the way you feel  
 immediately after you've dressed  
 and eaten breakfast. And by the  
 way you feel again about four  
 in the afternoon.  
 You may be sleepy when you  
 wake up 'o turn off the alarm,  
 but you shouldn't be just tired,  
 and weary in every muscle. By  
 the time you have bathed, dressed  
 and had breakfast, even the sleepy  
 feeling should disappear. If it  
 doesn't and you stumble around  
 dully and half-heartedly until  
 about eleven o'clock, you better  
 try to get a little more sleep each  
 night. If this doesn't help, see your  
 doctor. Also, check up on your bed  
 and the ventilation in your room.  
 Perhaps your mattress is too  
 soft or too hard. Maybe you need  
 a smaller or a larger pillow or  
 none at all. It's possible that you  
 don't get enough fresh air in your  
 room. Perhaps you should drink  
 a glass of milk before you go to  
 bed. Maybe you never should eat  
 or drink immediately before retir-  
 ing.  
 Anyway, whatever you do, don't  
 go on sleeping restlessly or too  
 little. It is important to your  
 health, charm and beauty that  
 you humor and pamper yourself  
 to the extent of getting proper  
 rest.

**THE TREASURY**

The little cares that fretted me,  
 I met them yesterday,  
 Among the fields above the sea,  
 Among the winds at play,  
 Among the lowing of the herds,  
 The rustling of the trees,  
 Among the singing of the birds,  
 The humming of the bees,  
 The foolish fears of what may  
 happen.  
 I cast them all away  
 Among the clover-scented grass  
 Among the new-mown hay;  
 Among the husking of the corn  
 Where drowsy poppies nod,  
 Where ill thoughts die and good  
 are born.