SMILES

THE BIRD'S IDEA OF US

Bird: Why these humans are in their infancy.

Bird: Yep—just learning to fly their wings!

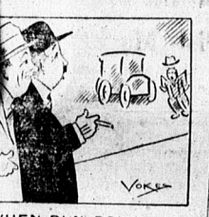
THE DIRECT OPPOSITE

"Don't you think one should marry a direct opposite?"

"Yes, indeed. I'm on the lookout for a girl divinely fair, angelic in disposition, with a fortune in her own right."

How'd you learn those steps so quickly?

My step sister taught 'em to me.



WHEN RUN DOWN

"When a fellow is run down what does he take?"

"Ambulance is the best thing I know."

NOTHING BUT SPACE

Son: What is your son taking at college this year?

Father (disgustedly): Space, nothing but space!

...er sack placed in the garbage ...dicates the removal of the gar... ...prevents the can itself from ...ting odors.

...K ABED ...GHT MONTHS

Taking Lydia E. Pinkham's ...table Compound Could Do Her Work and Gained in Weight

...ort, Saskatchewan. — "I had ... troubles, headaches and severe pains in my back and sides. I was so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt came to visit and help me as I was unable to attend to my baby and could not do my work. She told ...ry Lydia E. Pinkham's Vegetable Compound, and after taking two ... I could get up and dress my... also took Lydia E. Pinkham's ...edicine. When I first took the ...e I only weighed seventy-... pounds. Now I weigh twice as ... If I get out of sorts or weary ...'t sleep I always take another ...of the Vegetable Compound. ...it wonderfully good for fe... troubles, and have recom... it to my neighbors. I will ... too glad to answer any letters ...e asking about it."—Mrs. ...M RITCHIE, Box 486, Melfort, ...chewan. C

IN MEMORIAM

MR. THOMAS CARVER

The many friends and relatives of the late Thomas Carver were shocked when it became known that on the morning of December 6th, 1925 (Sunday) his lifeless body was found near the house of his daughter, Mrs. Jane Bears.

It appears that the deceased on returning home from Mr. Reynold's George with his horse and wagon, called at his daughter's residence early in the night, and finding her temporarily absent started off, and in the dark in some way the wagon was overturned, casting the unfortunate man violently to the ground, and probably causing immediate death.

The horse, unharmed, and the overturned wagon were found a short distance away.

The funeral was held on December 12th pending the arrival of his daughter, Eliza. (Mrs. Lauchlin McKenzie from Sydney, N. S.

His son, Mont, had arrived home some days previous from Trenton, N. S. The deceased was a son of the late James and Margaret Carver, and was born at Orwell in the year 1861 and was therefore 64 years of age.

The late Thomas Carver was for many years a respected resident of Pete's Road, and his familiar form will be missed by his many acquaintances and friends, who met him so frequently in the paths of an active and busy life, and in whom they ever found a kind and obliging neighbor.

Ingenious and thorough in his work Mr. Carver was for many years prominent in railroad work and later was invariably chosen as foreman in the Improved Road building and was in both these respects very widely and favorably known.

His wife (nee Rachel Clowe) predeceased him nearly two years ago and the following are his family:

Mont. in Trenton, N. S., William, in Alliston, James in Glen William, Willard in Western Canada, Eliza (Mrs. L. McKenzie) in Sydney, N. S., Jane (Mrs. George Bears) at home, Peter's Road, Carrie (Mrs Archie Collins) Alliston and Margaret in Charlottetown.

Also one brother William in the West and one sister (Mrs. William Acorn) deceased.

The funeral services were conducted by Rev. John Sterling of Montague, who spoke impressively from the sacred word, reminding his hearers that in the midst of life we are in death.

The remains, accompanied by a large concourse of friends and relatives was interred in the new Cemetery at Murray River.

To the bereaved relatives the heartfelt sympathy of the Community is extended.

ALBERT TREMERE

During the early hours of Sunday morning, Jan. 3rd, 1926, Mr. Albert Tremere, one of Hampshire's oldest and most highly respected citizens, passed into that home of many mansions, where there is fulness of joy and pleasures that are for evermore. Mr. Tremere's illness was of brief duration. During the hours of Christmas day he became unwell, and from day to day gradually grew weaker. He, however, lingered until the dawning of the Sabbath morning, when he departed this life to hear from his Master's lips, the "well done, good and faithful servant." He had been permitted to remain beyond the allotted span and was in the 80th year of his age when the call came. Spending the days of his entire life in Hampshire, and having been a kind friend and an obliging neighbor, he will be greatly missed both from the home and the community. For many years Mr. Tremere was superintendent of the Sabbath School and leading official in the now United Church at Hampshire and, while filling the position as a member of the official Board, performed his duties honorably and efficiently. He was faithful to the charge committed to his trust until increasing infirmities compelled him to cease from his activities.

He leaves to mourn their loss five sons, D. W. Tremere, in South Dakota; John and Erseman, in Mass., U. S. A.; Oliver and Pope residing in Hampshire; also two daughters, Mrs. E. Clough, in Mass. and Sadie at home. Three sisters also survive, Mrs. Oliver Rattenbury, in Winnipeg; Mrs. Morton Rattenbury, in Florida, U.S.A., and Mrs. Moore, who made her home with her brother.

The funeral services on Jan. 5th, conducted by Rev. H. Pierce, assisted by Rev. Mr. Hayter and Rev. C. U. McNevin, were largely attended by relatives and friends.

All that was mortal of our departed friend and brother was laid to rest in Hampshire cemetery, close by the church where he for many years worshipped and paid his vows unto the Lord.

"The memory of the Just is blessed."

(Patriot please copy.)

(Patriot please copy.)

MRS. JOHN ANDREWS

Not long after the hour of noon on Saturday, December 26th when all the world was astir with its various activities, in the quiet of her own room, surrounded by loved ones, Mrs. John Andrews a very highly esteemed resident of New Glasgow passed peacefully away at the age of seventy-five years.

The deceased had been in failing health for some months so that the coming of the end was not unexpected.

Although possessed of a strong constitution yet as the days came and went little by little her supply of reserve strength wasted away until on the above mentioned date her gentle spirit winged its heavenward flight.

Besides a sorrowing husband who is feeling his loss very keenly Mrs. Andrews leaves to mourn the loss of a kind and loving mother, four sons and three daughter. The sons are George and Leslie Conord, N. H., John, Lowell, Mass., and James E., Hunter River, and the daughters are Mrs. John Angven, Barre, Vermont; Mrs. Hafula Wood, Hunter River, and Miss Nettie Andrews, New Glasgow.

The deceased was one of a family of two brothers and five sisters.

The brothers were Messrs W. V. Smith, Summerside and Leander Smith, New Glasgow, and the sisters besides Mrs. Andrews were Mrs. John Brown, Mayfield, Mrs. James Arthur, North Rustico and Mrs. John T. McLeod, Mrs. Eldon McKay and Mrs. George Brown, New Glasgow. Of these one brother and four sisters survive the deceased. One brother Leander Smith and one sister Mrs. George Brown passed away some years ago.

The remaining brothers and sisters are left to mourn the loss of one who was to them—yes and to all—ever kind and loving.

Mrs. Andrews will be much missed by all who had the privilege and the pleasure of knowing her.

In her manner of life she was quiet and retiring. Only those who came to know her well could estimate her true worth. To know her was always to admire and to love her. And come what would in life her quiet and gentle spirit remained unruffled. Her presence in the home was always a benediction.

Her last illness was borne in a spirit of meekness and calm resignation. Although at times the suffering was intense yet she was never known to murmur or to complain.

She often spoke of wishing to go at once to her long home where she could be at rest, but if "waiting until the shadows were a little longer grown" were the Father's will she was ready to "meekly wait and murmur not."

When the end came she was found ready—ready waiting the Master's loving call "Weary one come home."

To her there was no dark valley. Her passing was one of sweet peace.

The funeral which was a large one was held on the afternoon of Wednesday, December 30th.

The service was conducted by Rev. W. J. McLeod, nephew of the deceased—and Rev. R. H. Stavert. The hymns sung were favorites of the departed. A duet entitled "Crossing the Bar" was beautifully rendered by Miss Janie Andrews and Mr. Eldon McKay.

The service throughout was a very impressive one.

The floral tributes were beautiful and consisted of:

Pillow—The family.

Spray— Mr. and Mrs. Parchal McDonald

Spray—The Woman's Institute.

The pall bearers were Messrs Jas. H. Andrew, Everett Nicholson George Smith, Robert Smith, DeWitt Brown— five nephews of the deceased, and Mr. Cecil Laird.

Interment was in the Presbyterian cemetery at Hunter River.

MRS. GEORGE B. MCLEOD.

The community of French River was saddened when it was learned that Mrs. George B. McLeod had passed away Saturday 16th at the age of 37 years. Mrs. McLeod was formerly Miss Clara Edna Stewart daughter of the late Albert Stewart of Park Corner, and was a general favorite with all who knew her. She will be greatly missed as she was always willing to lend a helping hand for any good she might do. The funeral was held from her late residence the following Sunday was a very large one which goes to show the esteem in which she was held. The Rev. Dr. Genge conducted the funeral service which was a very beautiful one and spoke words of comfort to the bereaved. A special favorite Hymn of the deceased "Nailed to the Cross" was rendered by Mrs. Augus Green. There are left to mourn besides a sorrowing husband three children, Annie, Cassie and Lillian also her mother Mrs. Annie Stewart, Park Corner. The sisters are, Mrs. William Rattee Pasqua Sask. Mrs. Wallace Williams, Summerside, Mrs. Everett McLeod, French River and Mrs. George Dickieson, New Glasgow. The brothers are William on the home stead, Bruce of Winnipeg and George of Vancouver. The pall bearers were Kenneth McLeod, John E. Campbell, Fred McLeod, Herbert McEwen Edward Stewart and Bert McEwen.

The community wishes to express their sincere sympathy in their great loss. Interment at Geddie Memorial Cemetery.

CORPORAL CLARENCE RUSSEL WHITE

The community of Murray Harbor and vicinity were shocked at the untimely death of another of its young men on Dec. 24th, in the 28th year of his age, when Clarence Russell White, a hero of the great war was called to his reward. His splendid war record was but one of the many evidences of his splendid young manhood.

Early in 1914 when only 17 years of age Clarence heard the call of his country and gladly responded. This voluntary gift was accepted and for a time he was on home guard duty at Sydney Mines, but as soon as he became of military age for overseas duty he volunteered his services for this large task and remained on the firing line until the Armistice was signed and on one occasion served for eighteen months without furlough. He was awarded the military medal for bravery on the field and later had the bar attached.

He returned home in 1919 rather broken in health having been a victim of gas, his condition gradually grew worse, and he passed peacefully into the greater life.

His wasted body evidenced the fact of the supreme sacrifice he made for his country.

A brief service was conducted at his home by his pastor, after which the remains were taken to the Christian Church where the funeral service was conducted by Rev. J. E. Armstrong assisted by Rev. J. Graham. The message was taken from the Apostle Paul's statement to Timothy, "Endure hardship like a good soldier of Jesus Christ". The very large congregation evidenced the deep sympathy of the community in their loss.

He leaves to mourn their sad loss besides his wife (formerly Miss Margaret Richards of Murray Harbor) two children, Gordon McKay and Corrinne Lucille, his mother and one brother.

Greater love hath no man than this, that a man lay down his life for a friend.

(Patriot please copy.)

SCOTT'S

"BLUE SEAL"

Vitamin-Certified

100% TRUE

NORWEGIAN COD LIVER OIL

made with exacting care is all that you would expect true cod-liver oil to be.

At your local druggist.

SOLE DISTRIBUTORS

SCOTT & BOWNE

TORONTO, ONT.

MAKERS OF SCOTT'S EMULSION

MRS. NEIL MATHESON

In the early forenoon of Monday December 21st, Mrs. Neil Matheson a very highly respected resident of Oyster Bed Bridge, passed peacefully away at the early age of 24 years.

The deceased had not been in a good condition of health for over a month before the coming of the end, but still hopes of her recovery were entertained until the very last.

All that medical skill and kind friends could do was done, but all to no avail. Under the weakening power of a continuous high fever her strength gradually waned until on the above mentioned date her gentle young spirit bore its heavenward flight.

Besides a sorrowing husband, Mrs. Matheson leaves a four weeks old baby—that will forever miss a mother's love and tender care.

The deceased was the fourth daughter of Mr. and Mrs. Angus Campbell of Darlington and was one of a family of six brothers and seven sisters.

The brothers are, Norman, Edmonton, Eldon, Borden; John A. and Leonard, Atteboro, Mass; Neil and Earl at home; and the sisters besides the deceased are Mrs. D. Arch. McLean, Darlington; Mrs. Vernon Burke, West Royalty; Mrs John Matheson and Miss Lillian Campbell, Attleboro, Mass, and Misses Evelyn and Marion Campbell at home.

This is the first break in the family circle and Mr. and Mrs. Campbell and all of the brothers and sisters are feeling very keenly the loss of one who was so dear to them.

Mrs. Matheson will be much missed by a large circle of relatives and friends among the young people she was a general favorite.

In whatever was for the welfare of the community she took a deep interest.

Great sympathy is felt for the young husband whose happy home was so suddenly broken up.

We wonder why one who had so much to live for, one who was so much needed to care for her loving husband and helpless babe, and one who was always so ready to help on in every good cause should thus be taken away so early in life.

Truly "God moves in a mysterious way His wonders to perform"

In the face of such mysteris we can only bow in humble submission and say "Not my will Oh Lord but Thine be done."

At times she suffered intensely but still through it all she was ever patient and calm, never did she complain. She was ready for whatever the great Father of all might will. Death had no terrors for her. She "knew in whom she had believed and she was persuaded that He was able to keep what she had committed to His trust against that day." Her passing was one of a deep peace.

The funeral which was a very large one was held on the afternoon of Wednesday, Dec 23rd. The service was conducted by Rev. R. H. Stavert and Rev. E. C. Robertson.

The floral tributes were beautiful and consisted of the following:

Pillow—Father, Mother, brothers and sisters.

Wreath— Mr. and Mrs. Vernon Burke.

Spray—Miss Beatrice VanIderstine.

Wreath—The Women's Institute.

The pall bearers were three brothers of Mrs. Matheson and three brothers of Mr Matheson namely: Messrs Eldon, John A. and Neil Campbell and Messrs Harry Benjamin and Joseph Matheson.

Interment was in the Hartsville cemetery.

MRS STEPHEN BROWN.

The funeral (under direction of N. D. McLean) of the late Emeline Jane, daughter of the late Thomas Vesey and wife of Stephen Brown took place at York Monday January eighteenth.

The service was conducted by Rev. H. T. Smith assisted by Rev. E. A. Westmoreland of Vernon and Rev. F. H. Littlejohns of Pownall. She leaves to mourn her husband Stephen Brown two sons Elmer and Leith and their daughter Miss Muriel also four brothers Hammond Abner and Heath of York and Dr. Eustace Vesey of Canora Sask. two sisters Julia and Elizabeth of York.

Mrs. Brown was a quiet industrious and religious woman cheerfully carrying out her every day duties with great intelligence. Always at home giving to her family her best efforts visitors friends or strangers had ample opportunity of receiving and enjoying her splendid hospitality No wonder that York was thronged with people on the occasion of her funeral.

All her life she was particularly fond of flowers and loved to cultivate the best varieties.

The floral offerings were numerous and beautiful. A pillow from the family, wreath from brothers and sisters, The Misses Johnson of Charlottetown, The York United Church and W. M. Society and the York Young Peoples Society, Crescent from her brother Dr. Vesey also Dr. H. and Mrs. Johnson, York Rifle Club, Sprays from Miss Lena McQuaid Miss Edith Vesey Mr. & Mrs. Frizzle Mr. & Mrs. Harry Henderson Mr. & Mrs. J. T. Rodd and Miss Stewart.

The pall bearers were Messrs Hugh Connors, Charlotteown Joseph Hughes, Bedford Louis Marshall, Stanhope Dr. J. C. McDonald and Pope Cooke, of York.

Europe's Oldest Bell.

What is the oldest bell in Europe? This destinction is claimed for the largest of the bells in the Town Steeple of Lanark, which, at the time of writing, are under repair. This bell originally hung in the old church of St Kentigern, Lanark.

Although its bearings are worn and require attention, the ancient bell is still in good condition.

Wallace, the Scottish patriot, worshipped in St. Kentigern's, and met and married his bride there. Doubtless the hero often listened to the chiming of the old bell, and we can imagine it ringing a joyous peal on the morning of his wedding-day.

THE ALLEGED RE-SHIPMENT OF EUROPEAN POTATOES

With further reference to the controversy regarding the alleged importation of European potatoes to P. E. Island and their re-shipment to the United States, the following correspondence will explain itself:

Charlottetown, P.E.I.,
January 20, 1926.

Hon. J. H. Myers,
Minister of Agriculture,
Charlottetown, P.E.I.

Sir,—I have the honor to advise you that I have been instructed by the Secretary of State to transmit to you the enclosed letter, addressed to you, from the Acting Secretary of Agriculture, which is in reply to your communication of December 15th last, relating to shipments to the United States of European grown potatoes by re-shipment from Prince Edward Island.

I have the honor to be, Sir,
Your obedient servant,
Edwin N. Gunsaulus, Jr.,
American Vice-Consul in Charge.

Department of Agriculture,
Washington.

Hon. J. H. Myers,
Minister of Agriculture,
Charlottetown, P.E.I., Canada.

Dear Sir,—I am in receipt of your letter of December 15 calling attention to unfounded rumors which you understand originated in this country with regard to shipments to the United States of European grown potatoes by re-shipment from Prince Edward Island, and asking our assistance in combating these rumors.

Early in December this Department received a letter from one of the divisions of the Department of Agriculture of Maine, stating that there were persistent rumors of heavy imports of Prince Edward Island potatoes with the possibility that these imports involved reshipment of imported European potatoes to this country, and requesting information from us with regard to such rumors. The Federal Horticultural Board of this Department, which handles such matters, immediately called these rumors to the attention of Mr. Leonard S. McLaine, Secretary, Division of Foreign Pests Suppression, Department of Agriculture, Ottawa, Canada, with whom the Board co-operates very closely at all times, and received prompt assurance that the Canadian authorities were exercising all possible precautions to prevent any illegal movement of potatoes. The information you furnish has made possible a much more complete reply for the information of the Maine official than would have been possible without it. I trust that these rumors, with the co-operation of the Maine authorities, soon will be quieted.

The circular letter addressed to potato shippers by A. B. Wachlin, Secretary, Aroostook County Chamber of Commerce, Port Fairfield, Maine, it would seem to me, was not intended to circulate an unfounded rumor but, on the other hand, to advise them that he was investigating the rumors and would later report the facts. In a postcript to the letter it is noted he states "Since the above was written a wire from Boston says that thorough investigation discloses the fact that the rumor is without foundation as far as the seizure of potatoes by the Government is concerned." The Federal Horticultural Board has written to Mr. Machlin giving the information obtained from you and from Mr. McLaine.

It is very unfortunate that these unfounded rumors have been circulated and have gained credence. However, I believe they can be combated effectively by getting the facts to the persons concerned. I assure you that this Department will continue to do everything possible to end such rumors affecting shipments of Prince Edward Island potatoes.

Sincerely yours,
R. W. DUNLAP
Acting Secretary.

HELP YOURSELF TO HEALTH

H. K. Kellogg

Eyes that betray

EYES with circles under them . . . eyes with spots before them . . . eyes that lack luster . . . eyes that betray the hateful, treacherous inroads of constipation—one of the worst diseases to afflict the human race. Fight it off before it drags you down into the valley of sickness and despair.

Kellogg's ALL-BRAN is the safest, surest way to permanent relief from dreadful constipation—and the most pleasant! Eat two tablespoonfuls daily—or in chronic cases, with every meal.

Kellogg's ALL-BRAN is what doctors call a bulk food. As it travels through the system, its fiber remains unchanged. Therefore, it sweeps the intestines clean and drives out the vicious poisons of constipation. Kellogg's ALL-BRAN also absorbs and carries moisture through the intestinal tract, stimulating it to healthy and normal action. Kellogg's ALL-BRAN works as nature works.

Its delightful nutty flavor makes it good as a cereal. Serve with milk or cream alone or with fresh or preserved fruit; sprinkle over cereals or cook with cereals; use in soups, or make into the many recipes given on the package. If eaten regularly, it is guaranteed to bring permanent relief, or your grocer refunds the purchase price.

Beware! Be sure to get Kellogg's ALL-BRAN. Only ALL-BRAN brings sure relief. Doctors recommend it. Kellogg's is the original and only ALL-BRAN—a 100% bran product. Leading hotels and restaurants serve it. All grocers sell it. Buy a package today.

Made by Kellogg in London, Canada

Kellogg's ALL-BRAN

The original ALL-BRAN—ready to eat

LOBSTER NEWBURG

3 tablespoons butter
1 cup mushrooms
2 egg-yolks
4 tablespoons flour
1 pint milk
1½ cups lobster meat, shirmps, or each may be combined with oysters

Place the butter in the blazer and add sliced mushrooms. Cook for five minutes, add the flour and then the milk. Cook until thick and smooth. Add the lobster-meat broken in in pices about the size of an oyster. Mix egg-yolk with a little of the sauce and stir lightly into the lobster mixture. Cook only long enough to set the yolks. Lastly, season mixture to taste with pepper and salt.

LETTING GEORGE DO IT.

Lord Nelson, in his will, left his wife and daughter "to the tender care of the British Nation to whom I have given my life." And the wife and daughter gravitated to the poorhouse.

Benjamin Franklin's great granddaughter was recently rescued, at the age of ninety-two, from the County Home.

Jacob Riis' Widow is still selling "Jams and Jellies."

"Second Government of the State of Idaho dying in the poorhouse.

A satire on the above tragedies might read something like the following:-

"TO MY WIFE": I leave my house with its first and second mortgages; my player piano on which there is a matter of $200 more to pay; my automobile and the privilege of making the rest of the 'easy payments,' and my life insurance policy, on which there is a policy lean."

Sir Rider H. Haggard seems to have looked at the situation squarely when he says: "I am one of those who believe that amid all the nostrums and all the doctrines which are being continually put forward for the salvation of everybody and the regeneration of everything, the one nostrum and the one doctrine which, in days to come, will ultimately prevail and work a cure for many human ill, is the great principle of life insurance."

Economy

Ole Olson had been working as an engine wiper, and his boss, a thrifty man, had been coaching him for promotion to fireman with such advice as:

"Now, Ole, don't waste a drop of oil—that costs money. And don't waste the waste, either—that's getting expensive too."

When Ole went up to be questioned on his eligibility for an engineman he was asked:

"Suppose you are on your engine on a single track. You go around a curve, and you see rushing toward you an express. What would you do?"

To which Ole replied:

"I grab the oil-can; I grab the waste—and I yump."

Wife—O my dear! I have lost my wedding ring. I cannot find it any where.

Husband—Now, never mind, my dear; do not worry so much about that. I found it in my trousers pocket this morning.—South-Western Christian Advocate.

How All Mothers Can Keep Health

Cares of Home and Children Often Causes a Breakdown.

The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. It is no wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown up to accept these troubles as a part of the lot of motherhood. But many and varied as her health troubles are the cause is simple and relief at hand. It is rich, red blood that keeps a woman well; when she is ill the blood is thin and watery, and she must take a tonic to enrich it to renew her health. The nursing mother more than any other woman in the world needs rich, blood and plenty of it. There is one sure way to get this rich blood so necessary to health, and that is through the use of Dr. Williams' Pink Pills. Mrs. Henry Burke, Lower L'Ardoise, N. S., tells what these pills did for her. She says:—"I first used Dr. Williams' Pink Pills five years ago. After my baby was born I did not regain my usual health. I felt, weak, miserable and always tired so I started taking Dr. Williams' Pink Pills. After taking five boxes I felt like a new woman. Ever since that time when I feel tired and overworked I take this treatment and always with great benefit. I have proved them to be a splendid medicine for nursing mothers, and I always recommend them to others."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Proper Food and Exercise," by ARTHUR A. McGOVERN
Former physical director, Cornell Medical College

When nothing tastes good—try exercising

PHYSICAL EFFORT CREATES A REAL APPETITE

THE great zest for life and the big appetite that life outdoors brings is merely a matter of exercise. The person who engages in physical work daily has no difficulty with his appetite as he always has a natural desire for food, excepting in rare cases where a person is likely to overdue.

A sure sign of an athlete being over-trained, or stale as they call it, is when he loses his natural craving for food.

Exercise or physical labor creates heat. This heat burns up the body fuel which we obtain from food, just as a fire burns up wood or coal. This is the chief reason why office workers or people who lead sedentary lives should engage in one-half hour or more exercise in order that the system may not clog up with surplus fuel.

The following exercises should be taken each morning before breakfast for at least ten minutes. They will promote activity in the intestinal organs. The exercises are a little bit out of the ordinary and will greatly aid those people suffering from most intestinal conditions.

Get down on your hands and knees and creep around the room. As you put your left hand forward bring your right knee up, and as you put your right hand forward bring your left knee up, taking a good stride with the knee, bringing it up trying to touch your shoulder.

In this same position on your hands and knees sway forward and back taking a good stretch as you go forward and when you return trying to sit on your heels.

From the starting position kick your right leg back until it is straight, then bring the knee up towards the chin as far as possible. Ten times.

Repeat this exercise with the left leg. Ten times.

Then stand on all fours, and from this position bend the knees up and down alternately Ten times. Doing these movements in this way has an advantage over performing them while standing up. Because doing the exercises standing, the organs of the viscera are crushed on top of one another. This is especially true where the abdominal muscles are flabby. On the other hand, when you are down on all fours, your organs are nicely hung in a row and bringing the knees up squeezes the stomach, intestines and liver in a stimulating way which greatly aids elimination by having the internal organs perform their functions properly.

Mild Reduction Diet

Drink two glasses of water before breakfast.

BREAKFAST: Raw fruit in season; about six spoonfuls of bran with cream; two soft boiled eggs; coffee substitute. Avoid sugar and bread as much as possible. Two glasses of water between breakfast and luncheon.

LUNCHEON: Clear soup or creamed vegetable soup; vegetable or fruit salad; cheese or nuts; cocoa or milk. Two glasses of water between lunch and dinner.

DINNER: Broiled lean meat such as steak or chops, chicken or fish; at least two vegetables; salad; fruit, cheese or nuts; cocoa or milk. Two glasses of water between dinner and retiring hour.

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