

That Body Of Yours

By James W. Barton, M.D.

AMERICAN HEART ASSOCIATION DOING WONDERFUL WORK

One of the encouraging signs of the times is the way both the wealthy and the poor get behind and help any movement to help the sick and afflicted, and, latterly behind any movement that will prevent sickness and affliction.

However, it is only within recent years that an annual campaign to help sufferers with heart disease and to teach parents in children, has been given the publicity it so richly deserves.

The American Heart Association, with branches throughout Canada also, conducts its year-round attack on heart disease through a three-point program of scientific research, professional and public education, and community service.

One of the leaflets published by the Association shows a young boy having his heart examined with the statement attached: "His heart tomorrow needs your help today. He might be the youngest next door, a friend's child or your own."

Whoever he is, of all diseases threatening his health, heart disease heads the list. Last year more people died of heart diseases, than of cancer, accidents, tuberculosis and pneumonia combined.

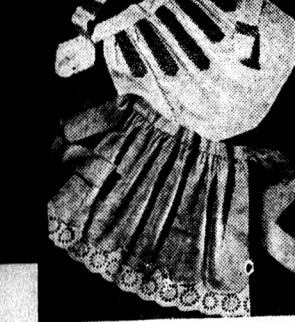
Ninety per cent of all heart disease is the result of rheumatic fever, high blood pressure, or hardening of the arteries. While all causes of heart diseases are not known it is known that practically all cases of rheumatic fever are caused by infected tonsils and rheumatic fever—childhood's greatest enemy—causes most cases of heart disease in children and young adults.

WHY WORRY ABOUT YOUR HEART

Do you get out of breath on slight exertion? Does your heart seem to skip beats or beat irregularly? Send today for Dr. Barton's interesting booklet on this subject entitled "Why Worry About Your Heart?"

To obtain it, send 10 cents and a 3-cent stamp, to cover cost handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 98, Station G, New York 19, N. Y., and ask for your copy.

Dainty Aprons A Pretty Gift



Here are two pretty aprons, one with checked trim and the other with a crisp eyelid border. If there's a wedding in the offing these easy-to-make aprons will be useful shower gifts.

Always in demand so if you would like directions for making these Dainty Aprons, just write to the Needlework Dept. of this paper, enclosing a stamped, self-addressed envelope and ask for Leaflet No. E 688.

Accessories Focus on Gloves



LET THEIR FABRIC, COLOR SET YOUR COSTUME MOOD

Spring accessories are designed for elegance. Naked shoes, fake jewelry, opulent enough to be real, longer gloves of fine leather, and handkerchiefs are all feminine, flattering and slightly reminiscent of the twenties.

Gloves may well be the focal point of your costume this Spring, particularly since top ready-to-wear designers have concentrated their attention upon sleeves.

Modern Etiquette

When one is passing one's plate to the hostess for a second helping of a certain dish, what should be done with the knife and fork? These implements are left on the plate that is passed.

Cook's Corner

PEACH CREAM

1 envelope Gelatine
1/4 cup hot water
3/4 cup peach syrup
2 egg yolks
2 beaten egg whites
1 cup milk
1 cup chopped peaches

Household Scrapbook

The Fingernails

To keep dirt from getting under the edges of the fingernails while gardening, or doing other dirty work, rub the ends of the fingers over some candle wax, taking care to get it well under the nails.

Bluing Help

Add a lump of soda, dissolved in a little hot water, to the bluing water on wash day. This will prevent the bluing from settling in the clothes, and makes them perfectly white.

Rusty Copper

Rust can be removed from copper by use of a little liquid ammonia. Polish well afterward with a good copper polish.

How Can I!!!

Q. How can I keep plants moist for several days without watering? A. Get a bowl of water above the level of the plant. Twist several strands of darning wool together and soak them in water.

Q. How can I hide a spot on the wall paper that cannot be removed? A. About the only resource is to hang a picture or a tapestry over the spot, and in this way conceal the stain until time to repaper the walls.

Q. How can I treat an insect bite? A. Moisten some baking soda and apply to the insect bite, and it will give relief. This is also good for a superficial burn.

ELLEN'S DIARY

By An Island Farmer's Wife

And again in the years' turnings, another Mayday has been ours, one quite as fair as we had hoped and a pleasant indeed throughout to the folks at Alderlea.

But "Ellen, come to the door!" James called towards dusk when twilight was commencing to mantle the countryside and he had come for a lantern to light him at the last of the choring.

What a busy Mayday our farmers have had, and though without fanfare or sound of parades, in a way favorable to the fortunes of the farm.

"Just let every farmer raise a pig or two less — and soon there won't be much trouble in finding a market for pork!"

"Well, I'm blest!" James exclaimed rising now from the comfort of his old armchair and getting into jacket and cap he had only recently taken off.

"No, the other agreed, 'no matter how good the price of beef or milk!' There has been a grading each morning in recent weeks, before the roots were carried to the cattle, and selections put aside to await this, for us, convenient season of sale.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "It is imperative that we cooperate together."
2. What is the correct pronunciation of "plural"?
3. Which one of these words is misspelled? Coincidence, misalliance, reminiscence, continuance.
4. What does the word "hiatus" mean?
5. What is a word beginning with "h" that means "uneasiness of mind"?

ANSWERS
1. Omit together. 2. Pronounce

Peeping Into The Past

By F. H. MacArthur

There is an old saying that if it rains on St. Swithin's Day, (July 15) there will be rain, more or less, for forty succeeding days.

Sunday, like other days of the week, is of heathen origin and means "the day of the sun." The word Sunday does not appear in the Bible, but is now in common use for the first day of the week.

What is known as the sports book is a pamphlet which was drawn up by Bishop Morton and issued by authority of James I, in 1613.

Ever hear of the word which apparently has no meaning? Well, you'll find it 71 times in the Book of Psalms, and 3 times in Habakkuk. The word is Selah.

In olden times it was customary to hire professional mourners, generally women, to cry their lan-

guage, or as in book, not as in too. 3. Misalliance. 4. A gap or opening; interruption. (Pronounce hi-a-tus, 1 as in high, a as in ate, accent second syllable). "There came a hiatus in their talk." 5. Anxiety.

-Needlecraft-

FOR THE HOME - FOR MANY SETTINGS

Bare-top dress with cover-up bolero — one of the most important fashions in the mode. Make it in any seasonably cool fabric, from taffeta to cotton. Wear it as a short dance frock, sun-to-street ensemble, cocktail and dinner dress!

No. 2937 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16, dress and bolero, 5 1/4 yards 35-inch or 4 1/4 yards 39-inch.

Send 25 cents for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address.

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entation, with those of the deceased person's family. The mourning started when anyone died and was kept up until after burial. In some cases the tears of the mourners were caught in bottles, tear bottles, and buried with the departed, as a token of affection.

The locust so often mentioned in the Scriptures probably belonged to the grasshopper family. These plagues frequently occur today in different parts of the world. They arrive in great masses and are extremely voracious, consuming all green plants in their path.

In ancient times inns were merely enclosures which offered some protection to travelers. At a later period, an inn was a large square building containing rooms and an outer court, but the traveler was expected to carry his own food.

In Luke 10:34, we read the parable of the good Samaritan who kept an inn where food and shelter could be had. It was in such a place connected with a stable that our Lord was born.

What is believed to be the longest word in the English language is "pneumonoultramicroscopicsilicovolcanoblastitis." (Continued on Page 3)



Morning Smile

Can't Have That Having been asked to try out the new act, the assistant to producer at a vaudeville theatre entered the boss' office and said: "We can't use that new girl's act, Sam."

"Why not, Gus?" asked the producer. "She's beautiful, sings like a lark in five languages, plays the piano and violin—and can dance like a whirlwind."

"Yeah, I know," Gus answered, "but when she was standing on her head, balanced on a beer bottle—and giving imprecations of prominent people — she dropped one of the nine tennis balls she was juggling."

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CORDTEX INSERTS prevent rolling or digging in at the waist. FABRILAST HOSE SUPPORTERS won't fray, won't chafe, give longer wear.

VISIT THE SMART SHOPPE 221 Queen Street AND SEE THE SPECIALS in DRESSES—Sizes 12 to 24 1/2 SKIRTS—Sizes 12 to 20 BLOUSES—Sizes 12 to 18. SWEATERS (Pullovers) 32 to 42. HAND BAGS—all colors.

How Can I!!! By Anne Ashley Q. How can I keep plants moist for several days without watering? A. Get a bowl of water above the level of the plant. Twist several strands of darning wool together and soak them in water. Place one end of this wick at the bottom of the bowl and let the other end hang over the plant. A steady drip will continue until the bowl is empty.

Lelong THE EXQUISITE FOUNDATION OF GOTHIC LELONG DOMINION CORSET CREATION Only Lelong gives you these Plus-Value Features LIPTEX TOP in zipper girdle gives a smooth, controlled waistline. SEAMLESS WEAVING of Liptex to the Leno panel assures longer wear. CORDTEX INSERTS prevent rolling or digging in at the waist. FABRILAST HOSE SUPPORTERS won't fray, won't chafe, give longer wear.