

If Thin And Nervous, Try Phosphate

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

When one stops to consider the host of thin people who are searching continually for some method by which they may increase their flesh to normal proportions by the filling out of ugly hollows, the rounding off of protruding angles with the attendant bloom of health and attractiveness, it is no wonder that many and varied suggestions along this line appear from time to time in public print.

While excessive thinness might be attributed to various and subtle causes in different individuals, it is a well-known fact that the lack of sufficient phosphorus in the human system is very largely responsible for this condition. Experiments on humans and animals by many scientists have demonstrated beyond question of doubt that a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in his book, "Chemistry and Food Nutrition," published in 1918, says: "It is * * * that the amount of phosphorus required for the normal nutrition of man is seriously underestimated in many of our standard text books."

It seems to be well established that this deficiency in phosphorus may now be met by the use of an organic phosphate known throughout English-speaking countries as Bitro-Phosphate. Through the assimilation of this phosphate by the nerve tissue the phosphoric content when absorbed in the amount normally required by nature soon produces a welcome change in our body and mind. Nerve tension disappears, vigor and strength replace weakness and lack of energy, and the whole body soon loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty and the will and strength to be up and doing.

CAUTION:—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.



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Includes underwear in combinations or vests and drawers, corset covers, night dresses, petticoats, bathing suits, stockings, shirt waists, pyjamas, dressing gowns, coats, golfers, sweaters, cardigans, spencers, hats, caps, shawls, gloves, slippers, etc.

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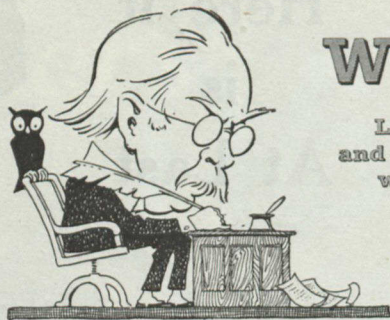
Use them to mount all kodak pictures, post cards, clippings in albums

Made in Square, Round, Oval, Fancy and Heart of black, gray, sepia, and red gummed paper. Slip them on corners of pictures, then wet and stick.

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Wise and Otherwise

Leaves from the Editor's Scrap Book and Comments from Her Diary Presented with one Idea—to Stimulate Interest and Afford Relaxation



THIS page is compiled simply of waifs and strays. It is not intended to be either uplifting or demoralizing, sense or nonsense, clever or prophetic, so—

If the anecdotes chronicled hereon are "stale"—comfort yourself with the thought that you're smarter'n I am.

If the bits of news seem to you to be not extraordinary—take pride in the knowledge that you are an unusual and discriminating reader.

If you cannot agree with my views—write and tell me so. I love an argument.

If something on this page reminds you of something else, twice as funny, twice as interesting—send it in. I'll pass it on.

If the page appeals to you—read it as a personal tribute to me. Thanks!

The Editor

IN South India the Pipal trees are, botanically, male and female. These are tall, handsome trees, much like a poplar and their foliage is consequently rustling, even in the slightest breeze. The natives believe these trees are talking to each other and regard them with great veneration.

A male and female Pipal tree is set out, side by side, and then, with a long, serious and formal ceremony, they are solemnly married. After that the young Hindu bride marches around the female Pipal tree and prays to be as faithful and ideal a wife to her husband as this tree will be to "her" mate.

EMBALMED Egyptians that have been buried for thousands of years have become the basis of a new industry. From them is made the finest brown paint known to artists.

When we gaze on the rich browns of an oil painting we may be unconsciously admiring the remains of a beautiful Egyptian princess. When a person died in Egypt a few centuries before Christ the body was preserved in the finest bitumen and wrapped in linen. On being unwrapped to-day, such mummies present an appearance similar to light coloured leather. They are ground down by machinery and turned into a beautiful brown powder, from which is made a paint that is the delight of artists. It is said that colour manufacturers keep a mummy locked away in an airtight case for use as required. A single one will last for years and make a stupendous amount of colour.

THE life of cut flowers may be lengthened considerably by dipping their stems into melted candle wax, after they have been in water for several hours. When a small knob of wax has formed on the end of the stem, it will keep them from wilting for some time, even if kept out of water after treatment.

NEARLY everyone must have noticed that when a building is half finished, or when alterations are being made to it the windows are liberally daubed with some kind of whitening.

The current impression seems to be that this is done so that people cannot see the work as it is progressing, and opinions have even been expressed that the windows are often put in and whitened as soon as possible, so that the flimsy character of the work shall not be apparent.

The real reason, however, is one of extreme utility. A workman, accustomed to the roughness of an unfinished house, and often wearing a hat which is pulled down over his eyes, is not the most careful person in the world, and when he is carrying large beams, and working quickly near windows, he is apt to run into the large, transparent piece of glass, which constitutes a large window, without interseeting panes. This is especially true when he has been engaged on the construction since the beginning, and has grown accustomed to having an open space where the window is to be. Hence the whitening.

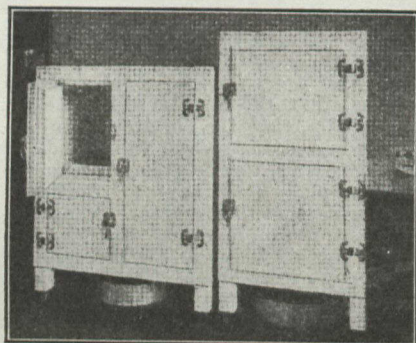
THE Brute: "I think that women are much better-looking than men."
She: "Naturally."

The Brute: "No, artificially."

HE has achieved success, who has lived well, laughed often and loved much, who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task, who has left the world better than he found it, who has never lacked appreciation of the beauty of the earth, or failed to express it; who has always looked for the best in others, and given the best he had;

whose life was an inspiration, and whose memory a benediction.

AS it gains in popular confidence, concrete is used in more and stranger ways. Now it is the concrete refrigerator, quite compact and far from unsightly with its gleaming metal fittings and glazed finish. Chief among its ob-



vious merits is its indestructibility; though it is sanitary, too, as there are no joints nor crevices to conceal dirt and germs. The doors will always fit snugly as the material is comparatively unaffected by changes in the temperature or humidity of the air.

THE other day, wrote in a subscriber, I discovered my five-year-old daughter weeping. When I asked what was the trouble, instead of looking frantically to find a scratch or other severe injury she had received and "lost," she replied: "Mother, since I haven't no brothers, what'll my children do for uncles?"

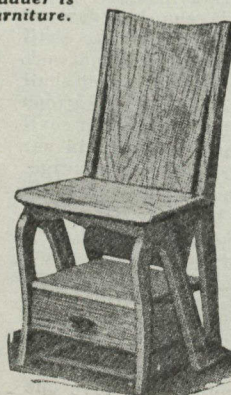
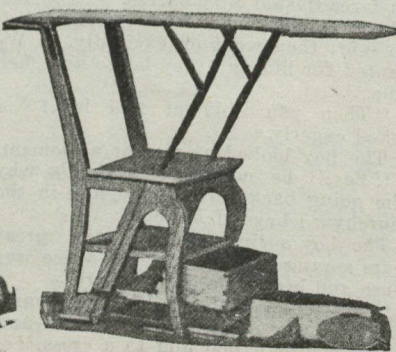
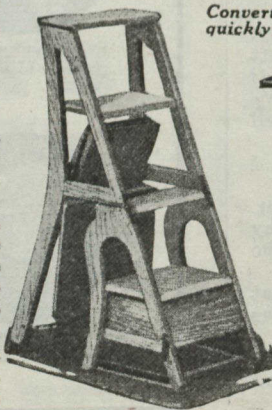
THE following story is an illustration of the unfailing humour of soldiers in the trenches:

Bill, from the Bowery, busily engaged in hunting "cooties," says to his companion in misery: "Say, I know now why dat guy Napoleon always had his pieter took wid his hand in de front of his shirt!"

"BUT, Mabel, on what grounds does your father object to me?"
"On any grounds within a mile of our house."

ABOUT 5,000 tons of margarine, made according to government formula and sold at less than one-third the price of butter, are manufactured by British factories every week.

Converting a chair into an ironing board or a stepladder is quickly and easily accomplished with this piece of furniture.



THAT a brewer's vat may serve as an efficient substitute for a wheat field is the latest suggestion of science calculated to shine through the gloom that hangs over the brewery business. Yeast, which can readily be grown in such a vat, is declared to possess many of the food properties of wheat. It is also a nutritious substitute for meat, and not far removed in food value from cream and butter. As prepared for eating, the yeast is dried at a temperature of 221 degrees F., and one part is used with four of wheat to make bread. It may also be mixed with other dishes, adding palatability as well as nutriment. The tiny plants which compose the yeast family are really a form of fungus, and grow with tremendous rapidity.

TO recover from the bottom of Canadian streams the sunken logs that are lost while on the way from the logging camps to the mills, a newly organized corporation will employ machinery specially adapted to the purpose, instead of the ordinary devices used for moving timber. Compressed air and high-pressure water streams will be to loosen the logs. As 10 per cent. of the logs cut sink and remain imbedded for various periods without losing their value by deterioration, the business of raising them should prove to be one of great commercial importance to lumbermen.

MRS. TANSEY, a nervous and inexperienced hostess, rose hurriedly as one of her guests finished the song she was singing.

"Ladies and—er—er—gentlemen," said she, nervously clutching at the side of her gown, "before Miss Jepson began she asked me to apologize for her voice, but I omitted to do so—er—so—er—I apologize now!"

ANY woman who owns a sewing machine can easily have an emery wheel of her own with which to sharpen knives and smooth off the damaged points of machine needles. It will also sharpen a lead pencil more quickly and neatly than can be done by hand.

Get a roll of half-inch adhesive tape, cut off a strip just long enough to reach around the hand wheel of the machine, and press it firmly to the metal rim of the wheel. Next, cut a strip of fine emery cloth the same length and width as the tape and glue it firmly to the tape. Then wind the wheel all around with a strip of cotton cloth or muslin to hold the emery in place until the glue is dry, which will require about a day. (The machine may be used in the meantime for sewing as usual.)

When it is worn another strip may be glued over it.

RECTOR (calling at parish school); "Which of you can tell me something about Adam?"

Little Dora: "Adam was the first man, and had trouble with one of his ribs."

NOT many children have the painful struggles with word-personalities Sentimental Tommy had. If they can't think of the right word they cheerfully use the wrong word and let it go at that.

Yesterday a six-year-old imp was looking through a school physiology, apparently engrossed with the captivating pictures of livers, lungs, stomachs and other organs, sometimes vulgarly referred to as one's "insides." Finally, she thrust the book from her and announced with conviction:

"Well, I must say that I don't like to look at people's insects!"