Slimming Whims

By A DOCTOR

A certain very well-known and lovely actress woke up one day-this was about eighteen months ago-and found that she had become plump. Indeed, she was almost fat.

I say "woke up," because that is how it strikes the unhappy victim of superfluous flesh. They are the last to notice their increased avoirdupois. They have always been "all right"never given the matter of food and drink and exercise a thought. And one day something happens-a dress splits, or a button flies off, or they overhear some unkind remark-which abruptly brings home to them with a shock the fact that they are fat.

Then the "cure" begins. Most of them go at it passionately. They consult friends, doctors, quacks. They diet and drink concoctions and nearly kill themselves with "doped" hot baths, And sometimes they get slim built with funds conected throughout a committee was formed of Angli-

The actress in question consulted her doctor and went on a diet of milk and potatoes. Now, it is an odd thing, but a diet of milk and potatoes, two very fattening feeds taken in ordinary diet, when taken exclusively have a drastic thinning effect. They thinned the lady in two months. They also made her rather fill for awhile, but she said it was worth it.

Slim and lovely once again, she diets and exercises regularly, and if she hasn't time to exercise herself into a perspiration she wears rubber corsets. That is one way. But there are a hundred others. For the malady is queer, and even doctors differ as to the best cure.

A very famous political lady keeps slim with a daily brisk walk which sometimes becomes a run-and she is nearly 50 and lives very well; while record every morning.

Of course, these women are slim already. They merely have to preserve their natural outline. If all people, whilst young took thought and made the effort of will necessary to avoid unwise eating and drinking, and to get exercise daily, there would be no trade done in thinning preparations and we should not have thousands of anxious women asking friends and physicians how they can get rid of that too solid flesh.

It is laziness and indulgence which makes superfluous flesh. Whenever Inyone comes to me for a slimming cure I test their hearts and then preacribe a regime of exercise and a Spartan diet. A frugal diet never hurt anybody. No cakes, pastry, butter, cream, and no drinking with mealsthat is the basis of the slimming diet.

I have known foolish people drink vinegar to get thin. But exercise is the real safe cure-exercise till you perspire every day, and cut your ordinary meals by half. The very quickest cure is worry, worry that keeps you awake at night. But I have never known that tried, because in the first place one can't worry to order, and in the second place people inclined to worr don't get fat.

THE RUSTY CAR. My rusty car.

she stands out

doors, when she's

not bravely go-

ing; she stands

there when the

water pours, and

when the winds

a r e blowing.

Anon she's lift-

ed by a gale that

jams her works



together. Again WALT MASON she's pelted by the hail-she's out in all such weather. And when I start this mass of junk, and open up the throttle, she goes as though she'd lately drunk four fingers from a bottle. She causes me no brooding care, I view her ancient body, and reck not if new rust is there, where once the paint was gaudy. She's no piano, to be kept all spick and span and shining; I care not if the clouds have wept upon her dingy lining. She does her work, so what's the odds if rain and shine should tarnish; she'd go no better if her rods and spokes should shine with varnish. My neighbor has a gorgeous boat, that he is always wiping, and over it he likes to gloat while plaintive lays he's piping. He rubs the hood with costly dope, a polish French or Flemish, and views her through a micro scope to see if there's a blemish. A spot of mud upon the paint, will fill his day with sadness. On every greass mark, spot and speck, he keeps a constant tally, while I am driving my old wreck kerwhooping down the valley. He finds no pleasure in his wain, his life is full of worry, while I go sloshing through the rain, and get there in a hurry.



How much good fun we miss, by

heck, by fooling 'round with polish,

by looking for some little speck we

feel we should abolish



Canadian Memorial

LENS. France, May 23-(By Canadian Press)-A memorial church, movement should be in Montreal, and Canada by publ', subscription, is to cans, Baptists, Congregationalists. be inaugurated in Long (Pas-de- Methodists and Presbyterians with Calais) on June 1, according to presene plans. A delegation from the of the fund, as well as Canadian military and civilian officials, will represent the many thousands of persons who have had a share in this notable work and will solemnly hand the completed building to the Federation of Protestant Churches in France. A bronze tablet designed and manufactured by a Montreal company will be erected in the building. It bears the following inscription, in French and English:

CHURCH. "To the glory of God- and in loving memory of the Canadian soldiers who fought and died in the Great War another who is a renowned bostess 1914-18, this church is erected by the swears by a "daily dozen" exercises free-will offerings of friends in Can-

THE CANADIAN VIMY MEMORIAL

way seemed to be opened. The suggestion arrived from France through Professor and Madame Charles Bieler or was endorsed promptly by Can-Cliurch in France ada's religious leaders, and received enthusiastically everywhere from coast to coast. In May, 1920, it was decided that the headquarters of the

good will."

the following executive:-Sir John Carson, C.B., Chairman; Rev. ther delayed the proceedings. At last, Canadian committee which had charge Can Shatford, D.C.L., O.B.E., Honor- however, difficulty was surmounted, ary Treasurer, Brig. General J. G. and now the finishing touches are Ross, G.M.G., Hon. Secretary, Rev. being put to the building in view of its Prof. Charles Bieler. D.D., Assessors. Lansong Lewis DCL, A McA Murphy. Rev. M. F. McCutcheon, S.T.M., Rev. A. R. Runnels, B.D.

On November 14, 1920, an offering

evidence of sympathy and fraternal

The edifice is to be known as the

"Canadian Vimy Memorial Church, and the minister will be Rev. J. B.

Couve, who speaks English fluently.

Canadian visitors to the historic city

will be assured of a hearty welcome.

The desire to demonstrate in some

tangible form the sympathy of Cana-

dians with France in her great losses

in the war was evident in many minds

immediately after the Armistice. Thus

when an appeal came from France to

the Protestants of Canada for help in

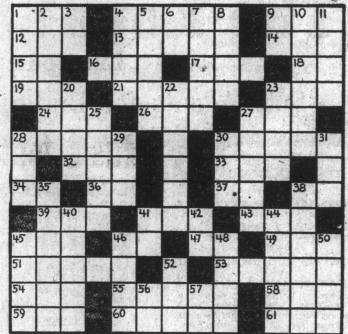
rebuilding the Hugenot church near-

est to the famous Vimy Ridge the

was taken in a great number of churches throughout the country, and it was decided to erect on the property in Lens a church to cost 300,000 francs. However, the building was des layed for several years on account of unforeseen difficulties. Not only was the soil unsettled by the underlying coal pits having been flooded, but a mine of dynamite was found under the former foundation.

Then the government survey and done to the music of a gramaphone ada and presented to the Federation be awaited, and lately the difficulty of of Protestant Church in France as an obtaining material and labor in an

CROSS-WORD PUZZLE



2-One of the continents

4-Man's name

6-Preposition

20-Boy's name

23-Labyrinth

27-Girl's name

7-Linger

5-A door fastener

9—Perform, enact

22-Part of radio outfit

28-To promise solemnly

38-To express agreement

42-Northeastern State of U. S.

45-A shield or defensive armor

48-German word for "mister"

57-Latin for "that is" (abbr.)

the mantle of Minerva

40-Containing nothing

41-Personal pronoun

44-Relieves, lightens

46-An embankment

50-To the ice side

52-Frequently (poet.)

56-Indefinite article

(abbr.)

30-Cry of the sheep

31-Fate, destiny

35-Enroll

29-Short coarse hemp or flax fiber

25-Greatly favored

10-Flattened at the poles

3-A measure of length (abbr.)

8—A measure of length (pl.)

SUGGESTIONS FOR SOLVING CROSS-WORD PUZZLES Start out by filling in the words of which you feel reasonably sure. These will give you a clue to other words crossing them. and they in turn to still others. A letter belongs in each white space, words starting at the numbered squares and running either VERTICAL

HORIZONTAL -Compensation; wages 9-The June bug: a beetle 12-Mail delivery in the country (abbr.)
13—A British province of S. Africa 14-A Japanese woman's sash

15-Conjunction 16—Used in negation 17—Initials of the author of "Treasure Island"

18—Musical term "Long Meter" (abbr.) 19—A chicken disease

21-Marks of wounds 23—A girl's name 24—A public carriage 26-Interjection 27-Man's name (familiar) 28-To leap 30-A bevel on the edge ting tool

32-A sign of the zodiae 33-A drink 34-Personal pronoun 36-A point of compass (abbr.) 37-Man's name (familiar) 38-Preposition 39-To earn as clear profit 41-A town in Wurttemburg

43-Word of assent 46-Banking term, "Days' sight" 47-Interjection

49—Man's name
51—One of a wandering race
53—Artist's support for his picture
54—Suffix denoting an agent
65—A member of a group of S, African tribes 58—A point of compass (abbr.) 59—A small boll on the eyelid

60—To go in 61—Feminine of Saint (abbr.) Solution of yesterday's puzzle.

CHUST FRAMED VERSION L Sighted Lone Mariner Victoria, B.C., May 18 .- Commande facet c o er Eustace B. Maude, of Mayne Is-STOP N MUNE

sloop, was sighted near the Umatilla Friday by the Canadian Government erchant marine steamer Canadian over, which reached here to-day. FOR ACHES AND PAINS USE MIN- it ought to cheer the bootleg from

Absolutely -- YES! Positively

The Last and Final Week ARLIE MARKS PLAYERS

TUESDAY AND WEDNESDAY "THE MARRIAGE OF BETSY"

valuable to her.

laugh.

One Can At Least Keep Still.

laugh, one can at least keep from in-

flicting an unpleasant laugh on the

A Bombshell of Laughs.

With Full Company-20 People

THURSDAY, FRIDAY & SATURDAY The Great Dramatic Success: "THE GAME"

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area when more than seven hundred Honorary President, Major General thousad houses needed rebuilding fur-

Here's a chance, Miss Freckleface, to try a remedy for freckles with the guarantee of a reliable concern that it . will not cost you a penny unless it removes the freckless; while if it does give you a clear complexion the ex-Simply get an ounce of Othine-

double strength-from any drug or deyourself of the homely freckles and would be curly hair, but I am not so great many people. get a beautiful complexion. Rarely is more than one ounce needed for the Be sure to ask the druggist for the

double strength Othine as this strength is sold under guarantee of money back it fails to remove your freckles. At all drug or department stores or is something that can be cultivated.
by mail. Othine P.O. Box 2616, Mon- One can control the laugh as one

World's Biggest Newsprint Machine

NEW YORK CITY-A paper machine which will produce a sheet of newsprint paper 245 inches wide at the rate of 1,100 feet a minute—the largest in the world-has been ordered by the Minnesota and Ontario Paper Co., and will be installed in its paper mill at Kenora, Ont., it was announced here to-day by E. W. Backus, president of the company. "The new machine will be approxi-

mately 275 ft. long and will be installed alongside a newsprint paper machine in our Kenora mill which is the second largest in the world, being rope," Mr. Backus said. "This machine, however, recently established a new world's production record, when 'it produced 119 tons of newsprint paper in one day, while running at the average speed of 855 feet a minute. The mammoth new machine which now has been ordered from Bagley and Sewall Co., of Watertown, New York, will turn out a sheet 11 inches wider at the rate of 245 more feet per minute and produce in excess of 31 more tons of newsprint a day. Several months will be required to complete the new machine, but it will be delivered and in operation before the close of the present year."

Dinner is Served

Sitting at their ease in the cosy furnished flat at the Clarke County Jail in Athens, Ga., George Mamuse, the Cincinnati bootleg king, and his commercial associates, Mannie Kessler, of New York; Morris Sweetwood, also from the village on the Hudson, and Willie Harr, of Savannah, enjoy their private radio nightly, while they smoke soothing cigars and discuss the shocking depravity of the American judiciary. These four gentlemen are supposed, by a polite ficton, to be "doing time" for offences committed against the criminal laws of the United States-the Volstead Act, to be precise. But bearing in mind how hurt their feelings must be, how they must suffer in body and mind through this compulsory deprivation of their ! freedom to distribute rum through out the smiling land, the authoritie of the jail have provided them with the hospital ward, individual apartments, a coloured maid, and all the omforts of home, including feminine omparions to help pass the time et dinner and during the long spring venings. Nor are flowers omitted from the dining-table.

It is such a nice, thoughtful way to land, B.C., who is sailing to England care for prisoners hardly troated by via the Panama Canal in a 25 foot a cruel country, is it not? The only lightship off the Oregon coast last wine; but that may be introduced friday by the Canadian Government later on. Incidentally, of course, the fact that jail control is so lax that such a farcical contempt for the law can be shown by those paid to enforce ternity considerably.-Montreal Star

SIDE TALKS.

By Ruth Cameron.

A RARE GIFT.

laugh I mean a

What a gift of amusement, and as such, you may is going to laugh again." And then whatever fates think it should not be changed or he would laugh. pick out the controlled, but I do not know why a charms we are loud laugh is any more necessary to wholly nervousness. I think he liked endowed with, a anyone's happiness than a loud voice. his own laugh and got in the habit of nice laugh is! Nothing But A Fidget.

And as for the expression of amuselaugh that does ment, I maintain that a great deal of not distort the laughter is nothing of the sort. It is face, and that is pleasant to listen to. just as often an expression of ner-

If I were a fairy godmother and vousness or of vaculity. could give a beloved girl child one "He knew not what to say and so partment store and a few applications should show you how easy it is to rid charm, I have always thought that it he laughed," how true that is of sure that a charming laugh, jolly, We all know people who. cannot

natural and musical, would not be as say "how do you do? Isn't it a lovely morning?" without tacking on a laugh. Presumably they are not amused by the fact that it is a lovely morning, Of course to some extent, a laugh nor is that fact quite enough to make them laugh for happiness. It is then controls the voice, and get the most out of one's natural endowment. And less and as unattractive as any form of fidgeting. even if one cannot produce a pretty

He Liked His Laugh. To be sure, laughter is supposed to itself. The first time one heard it one Lancashire stories from a new

that sounded spontaneous, and as if he were really amused. But after he had laughed over nothing much about 20 times during the first meal, one ceased to enjoy hearing it. And before he left, his laugh became like a blow on a sensitive nerve. I would listen and think "he hasn't laughed for two or three minutes, I know he

With him I don't think it was over-using it, just as the woman who has a pretty smile overworks it

No attraction remains an attraction if it is overworked, and there is no expression of one's personality of which that is more true than the

Juniper Kidney Pills at STAF-FORD'S—25 doses for 25c.

Ready for Another

Soups in Glass and Tins. A Lancashire collier had eaten a whole goose against time at the local Royans a la Bordelaise. public house to win a wager. Having Potted Meats in Glass. spent his winnings on "drinks all Pate de foie Gras. round," he started for home in the company of a friend. "Don't let on to my missis what I've done," he said on Veal and Green Peas. Recently I had to sit in a hotel the way. "If tha does, she'll not cook world. I think few mannerisms are dining room at the next table to a me any supper, and I can't sleep if Lamb and Green Peas. is for Backus more irritating than an unattractive man who was almost constantly I goo to bed bowt supping." This is laughing. His laugh wasn't so bad in one of Mr. Frank's Ormerod's famous Rolled Ox Tongue in Glass. be an expression of a feeling of rather liked it. It was an outburst lection for a new book, uncheon Tongue in Glass. iced Dried Beef in Glass.



Over 100 Tested

1 egg, 1 cup water, up Carnation Milk, 2 cu cup Carnation Milk, 2 cups flour, 2 tesspoons baking powder, 1 tesspoon salt. Best egg, add Carnation Milk and water and sifted flour, baking powder and salt. Best well and drop by spoonfuls on greased, not guidde. Brown on one side, turn and brown on other wide. This serves six people.

CARNATION

2 cups flour, 1 tesspoos salt. 4 tesspoos baking powder, 2 tablespooss shortening, ½ cup water, ¼ cup Carnation Milk. 5.ft together the flour, naking powder and salt. Mix in shortening, sde iiquids, mixing to a soft dough. Roll lightly to half inch thickness, cut and bake in bet even about fifteen minutes. This makes about eight bucuits.

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peal to you. Carnation is just pure.

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alley Nurseries, Ltd. 'Phone: 1513 and 1581. ight 'Phone: 2111M. and 1544J.

ol jersey and flanuel are popt r sports frocks.

we-piece frock of kasha is " int pleasant colorings.



lo you least for

If so, use ROYAL YEAS -the standard or over 50 year Soak a cake Yeast, with a li tepid water o Stir well, strain the liquid. Fla proved by addin of an orange.

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Boneless Chicken.

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teak and Kidney Pudding

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Fig Pudding.

egetables in Glass & Tins.

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small bottles

small bottles.

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Jersey Milk.

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in pkgs.

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Canterbury Bells

ANNUAL.

Daisies.

Stocks.

Asters.

Alyssum.

Scabious.

Jams and Marmalade's

White Onions

Picnic Parties.

oof is humble a ew bright rose sway, A little house or say. elter against win every house, a r nd all the hurts

away; Death has it mark sad day en love and skill be in vain. this, our home,

can give, Both good and had in this door, things we seek while we live e good if home than before. love shuts out God, not from

laims Russia Killed

HAMPSHIRE TO SEA. LONDON, May

tion of the my Kitchener duri put before the aine's new h ut Kitchener." e author publ from General that Kitchener was not a Gern

man torpedo tha on which Kitch eret trip to Rus letter, but th ild not permit maine conclude hevik spies, wor with the German service, sent

chener's fate ma of the war is pondered on ice of the Am Cyclops in Am rded the Hampsh crew, so the sto aboard her. So sty wastes of the shire went dow

le and no U-boat

ng the job.



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Use Mavis Tal reely after your duxurious sens omfort. Its sw dds to the effect

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