

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 to 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 again.

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 foods taken in ordinary diet, when taken exclusively have a drastic thinning effect. They thinned the lady in two months. They also made her rather ill 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 another who is a renowned postess swears by a "daily dozen" exercises done to the music of a gramophone 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 anyone comes to me for a slimming cure I test their hearts and then prescribe a regime of exercise and a Spartan diet. A frugal diet never hurt anybody. No cakes, pastry, butter, cream, and no drinking with meals—that 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 worry don't get fat.

THE RUSTY CAR.



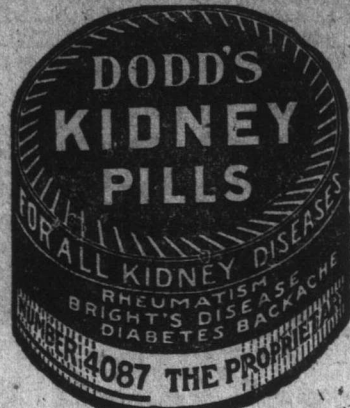
WALT MATON

My rusty car, she stands out doors, when she's not bravely getting; she stands there when the water pours, and when the winds are blowing. Anon she's lifted by a gale that jams her works together. Again 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's lately drunk four fingers from a bottle. She causes me no brooding care. I view her ancient body, and reckon not if new rust is there, where once the paint was gaudy. She's no piano, to be kept all pick 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 microscope to see if there's a blemish. A spot of mud upon the paint, will fill his day with sadness. On every grease mark, spot and speck, he keeps a constant tally, while I am driving my old wreck kerwhopping 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.

RICHARD HUDNUT



THREE FLOWERS
VANESSA CLAN
The Base Ideal before solving
the puzzle
Daintily scent
with
THREE FLOWERS
ESSENCE



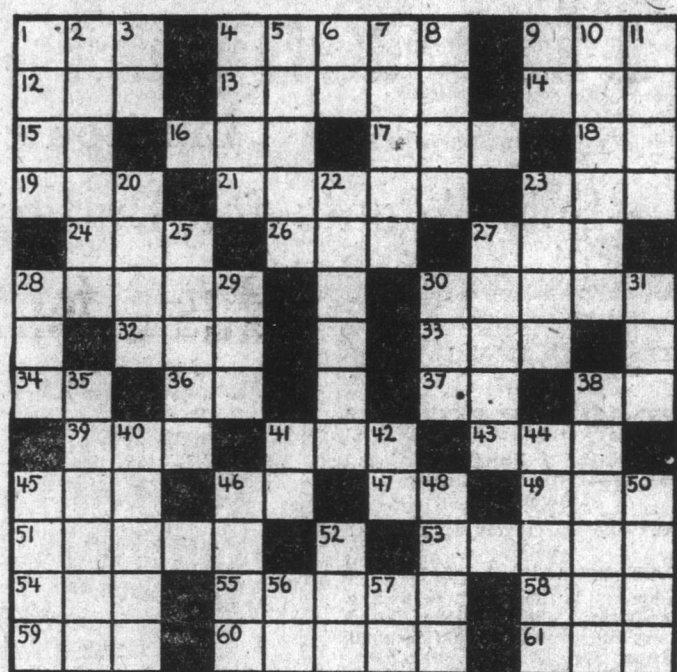
Canadian Memorial Church in France

LENS, France, May 23.—(By Canadian Press)—A memorial church, built with funds collected throughout Canada by public subscription, is to be inaugurated in Lens (Pas-de-Calais) on June 1, according to present plans. A delegation, from the Canadian committee which had charge 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:—

THE CANADIAN VINY MEMORIAL CHURCH.

"To the glory of God and in loving memory of the Canadian soldiers who fought and died in the Great War 1914-18, this church is erected by the free-will offerings of friends in Canada and presented to the Federation of Protestant Church in France as an

CROSS-WORD PUZZLE



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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 horizontally or vertically or both.

HORIZONTAL

1—Compensation; wages
2—A puff up
3—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.)

VERTICAL

1—A support
2—One of the continents
3—A measure of length (abbr.)
4—Man's name
5—A door fastener
6—Preposition
7—Linger
8—A measure of length (pl.)
9—Perform, enact
10—Flattened at the poles
11—Frost
12—Boy's name
13—Part of radio outfit
14—Labyrinth
15—Greatly favored
16—Girl's name
17—To promise solemnly
18—Short coarse hemp or flax fiber
19—Cry of the sheep
20—Fate, destiny
21—Enroll
22—To express agreement
23—Containing nothing
24—Personal pronoun
25—Northeastern State of U. S. (abbr.)
26—Relieves, lightens
27—A shield or defensive armor
28—The mantle of Minerva
29—An embarkment
30—German word for "mister"
31—To the sea side
32—Frequently (poet.)
33—Indefinite article
34—Latin for "that is" (abbr.)

Solution of yesterday's puzzle.

SCHIST FRAMED
M V E R S I O N
L Y R E B O Y S
R E F A C E T C O
T A N G T A R W A P
S T O P N M I N E
I R I D D L E D
D O S E I W F R E
M E R E H E R F L W S
E B L O S E R S J H
R S L O P M O N T E
I O B E S I T Y
T H R O E S T E R R O R

Sighted Lone Mariner

Victoria, B.C., May 18.—Commander Eustace B. Maude, of Mayne Island, B.C., who is sailing to England via the Panama Canal, in a 25 foot sloop, was sighted near the Unalakleet lightship off the Oregon coast last Friday by the Canadian Government merchant marine steamer Canadian Rover, which reached here to-day.

FOR ACHES AND PAINS USE MINARD'S LINIMENT.

evidence of sympathy and fraternal good will."

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 Canadians 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 Huguenot church nearest to the famous Vimy Ridge the way seemed to be opened. The suggestion arrived from France through Professor and Madame Charles Bieler, or was endorsed promptly by Canada's religious leaders, and received enthusiastically everywhere from coast to coast. In May, 1920, it was decided that the headquarters of the movement should be in Montreal, and a committee was formed of Anglicans, Baptists, Congregationalists, Methodists and Presbyterians with the following executive:—

Honorary President, Major General Sir John Carson, C.B., Chairman; Rev. Can. Shatford, D.C.L., O.B.E., Honorary Treasurer, Brig. General J. G. Ross, G.M.G., Hon. Secretary, Rev. Prof. Charles Bieler, D.D., Assessors, Lansang Lewis, D.C.L., A. McA. Murphy, Rev. M. F. McCutcheon, S.T.M., Rev. A. R. Runnels, B.D.

On November 14, 1920, an offering 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 delayed 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 valuation for "war damages" had to be awaited, and lately the difficulty of obtaining material and labor in an

CASINO

Absolutely--YES! Positively

The Last and Final Week

ARLIE MARKS PLAYERS

TUESDAY AND WEDNESDAY

"THE MARRIAGE OF BETSY"

A Bombshell of Laughs.

THURSDAY, FRIDAY & SATURDAY

The Great Dramatic Success:

"THE GAME"

With Full Company—20 People.

BIG SPECIAL MATINEE SATURDAY 2.30.

SIDE TALKS.

By Ruth Cameron.

A RARE GIFT.

What a gift of amusement, and as such, you may think it should not be changed or controlled, but I do not know why a loud laugh is any more necessary to anyone's happiness than a loud voice.

Nothing But A Fidget.

And as for the expression of amusement, I maintain that a great deal of laughter is nothing of the sort. It is just as often an expression of nervousness or of vacillancy.

"He knew not what to say and so he laughed," how true that is of a great many people.

We all know people who, cannot 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, nor is that fact quite enough to make them laugh for happiness. It is then a mere nervous gesture as meaningless and as unattractive as any form of fidgeting.

He Liked His Laugh.

Recently I had to sit, in a hotel dining room at the next table to a man who was almost constantly laughing. His laugh wasn't so bad in itself. The first time one heard it one rather liked it. It was an outburst

To be sure, laughter is supposed to be an expression of a feeling of

One Can At Least Keep Still.

Of course to some extent, a laugh is something that can be cultivated. One can control the laugh as one controls the voice, and get the most out of one's natural endowment. And even if one cannot produce a pretty laugh, one can at least keep from inflicting an unpleasant laugh on the world. I think few mannerisms are more irritating than an unattractive laugh.

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FRECKLES

Sun and Wind Bring Out Ugly Spots. How to Remove Easily.

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 freckles; while if it does give you a clear complexion the expense is trifling.

Simply get an ounce of Othine—double strength—from any drug or department store and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worst case.

Be sure to ask the druggist for the double strength Othine as this strength is sold under guarantee of freckles. If it fails to remove your freckles.

At all drug or department stores or by mail. Othine P.O. Box 2616, Montreal, Canada.

World's Biggest Newsprint Machine is for Backus

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 approximately 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 surpassed in size only by one in Europe," 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 895 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 Keseler, 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 fiction, 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 throughout the smiling land, the authorities of the jail have provided them with the hospital ward, individual apartments, a coloured maid, and all the comforts of home, including feminine companions to help pass the time at dinner and during the long spring evenings. Nor are flowers omitted from the dining-table.

It is such a nice, thoughtful way to care for prisoners hardly treated by a cruel country, is it not? The only thing missing would seem to be the wine; but that may be introduced 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 it ought to cheer the bootleg fraternity considerably.—Montreal Star.

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Good Coffee Deserves Carnation

If the kind of coffee you drink at breakfast makes a difference, then "cream" your coffee with Carnation Milk. The full-flavored richness of your morning cup will quickly appeal to you. Carnation is just pure, fresh milk, evaporated to double richness, kept safe by sterilization. From your grocer—with the groceries—order several tall (16 oz.) cans or a case of 12 cans.

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Ready for Another

A Lancashire collier had eaten a whole goose against time at the local public house to win a wager. Having spent his winnings on "drinks all round," he started for home in the company of a friend. "Don't let on to my missus what I've done," he said on the way. "If she does, she'll not cook me any supper, and I can't sleep if I go to bed 'bowing up.'" This is one of Mr. Frank's Ormerod's famous Lancashire stories from a new collection for a new book.

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