

THE EVENING TIMES-STAR, SAINT JOHN, N. B., FRIDAY, AUGUST 7, 1925

THE TIMES-STAR FEATURE PAGE

Fables On Health

DON'T EAT WHEN YOU'RE TIRED

VIOLENT exercise, either just before or just after eating, is a hindrance to digestion. It takes the blood away from the stomach to other parts of the body, and so the stomach is deprived of the energy needed for good digestion. For the same reason it is not a good thing to eat when one is very tired. The energy needed for the work of digestion is lacking in a person who is in an exhausted condition and the food is likely to remain in the stomach some time undigested. If food is needed by one who is very tired, only a small quantity of an easily-digested kind should be taken. Meat and eggs are especially harmful to a person who is tired.

LITTLE JOE

IT'S ALL RIGHT TO LOOK BEFORE YOU LEAP, AS LONG AS YOU DON'T HAPPEN TO SEE A NO SWIMMING SIGN.



Thin, well boiled gruel, a cup of vegetable broth or, better still, a glass of fruit juice, are best for third people. Also the mind should be in a cheerful frame while food is being eaten. Excitement, especially from anger and irritation, should be abated before partaking food. "Laugh and grow fat" is an old maxim which also can be applied to good digestion.

Adventures of the Twins

By OLIVE ROBERTS BARTON
THE COOK'S LOST BUTTONS

The Twins were having tea with the Fairy Queen when suddenly, just as Nancy was helping herself to more honey, there was a loud report like a gunshot. "Dear dear!" sighed the Fairy Queen. "Puff has lost another button. That's six this week. He keeps blaming it on the washing machine and the wringer, but I know it is because he is getting too fat that they fly off." "Who is Puff?" asked Nick. "My cook," answered the Fairy Queen. "We call him Puff for two reasons. First, because he makes such delicious puff paste, and second, because he is so puffy himself." At that minute Puff appeared in the doorway—a large spoon in his hand and a large white cap on his head—also a large, white coat almost covering him up, but not quite, as all of the buttons were missing down the front. "Bop hoo, hoo!" he cried. "It got away before I could catch it. Went right out of the window and over the hill, so it did." "What?" cried the queen. "What flew away?" "The button," sniffed Puff. "It was my last button, too. The pepper made me sneeze and off it flew." "Never mind, don't cry," said his mistress soothingly. "It's high time we were getting those buttons back anyway. Buttons are so hard to match nowadays and I'm sure that I never, never shall be able to get more like them. Just let me think a minute. I have it! How would you Twins like to hunt for the missing buttons?" "Hurrah," shouted Nick. "We'll go, won't we, Nancy?" "Sure," nodded Nancy, her mouth full of honey. "Then it's settled," said the Fairy Queen. "How lucky it is that you were here when this happened! But it may be a long hunt. You may have to search through everyone of my nine-hundred and ninety-nine kingdoms." Then turning to Puff she said, "You must stop tasting so much and you won't get any fatter. Now go and send Juggie Jump to me." Puff bowed, laying his large spoon over his shoulder, like a sword and trying to hold his coat together at the same time. "It's as good as done, Your Highness," he said, and disappeared. "Who is Juggie Jump?" asked Nancy curiously. "My general factotum," said the Fairy Queen. "General Who?" cried the Twins. The Fairy Queen laughed. "Don't you know what a general factotum is?" she asked merrily. "Is it anything like a totum pole?" asked Nick. "Not exactly," said their hostess. "A general factotum is a person who can do almost anything. But here is Juggie Jump now. You may see for yourselves." At that minute a most surprising person appeared in the doorway that Puff

The Painted Shawl



STOMACH TROUBLES ARE DUE TO ACIDITY

Tells Safe, Certain, Speedy Relief for Acid Indigestion.

So-called stomach troubles, such as indigestion, gas, sourness, stomach-ache and inability to retain food are in probability nine cases out of ten, simply evidence that excessive secretion of acid is taking place in the stomach, causing the formation of gas and acid indigestion. Gas distends the stomach and causes that full, oppressive, burning feeling sometimes known as heartburn, while the acid irritates and inflames the delicate lining of the stomach. The trouble lies entirely in the excess development or secretion of acid. To stop or prevent this souring of the food contents of the stomach and to neutralize the acid, and make it bland and harmless, a teaspoonful of Bismarck's Magnesia, a good and effective corrector of acid stomach, should be taken in a quarter of a glass of hot or cold water after eating or whenever gas, sourness or acidity is present. It is a perfectly harmless and inexpensive remedy to use. An artificial, sugar-free Bismarck's Magnesia, which can be obtained from any druggist in either powder or tablet form, enables the stomach to do its work properly without the aid of artificial digestants. Magnesia comes in several forms, but only Bismarck's Magnesia, which is especially prepared for the above purpose.

MANY INJURED IN WELSH COAL RIOTS

Strikers Attack Maintenance Workers and Clash With Police Guards.

AMMANFORD, Wales, Aug. 6.—There was another severe riot last night in the anthracite region where the miners are on strike. Several hundred strikers attacked a colliery with a view to compelling the pumpers and other safety workmen, to quit their posts. They were met by a strong party of police guarding the works, and during the fighting, which lasted nearly three hours, the police commander and 10 constables were severely wounded and many of the strikers badly hurt.

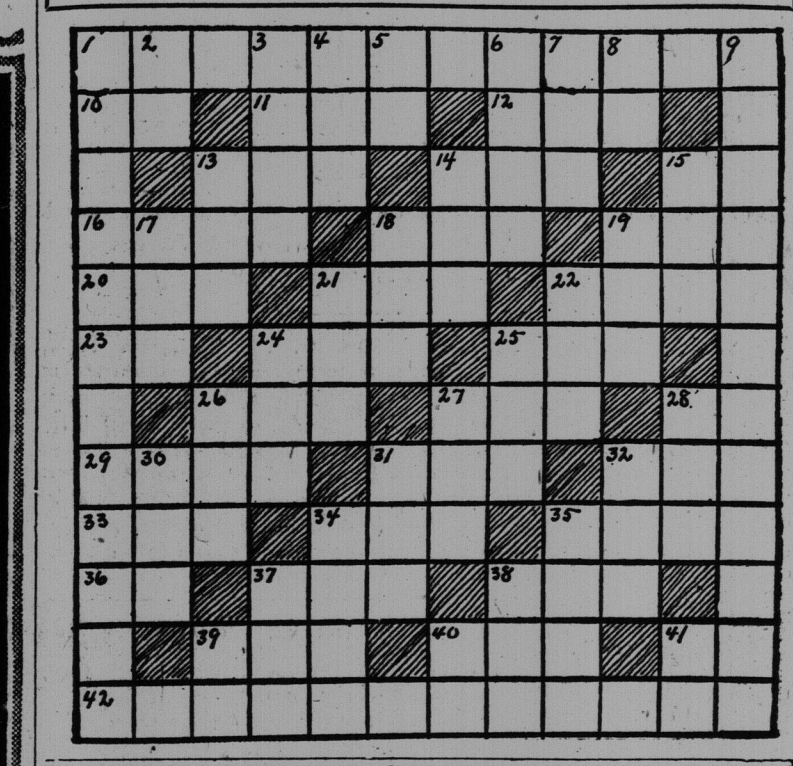
A New Soup

When making vegetable Soup add two teaspoonfuls of Bovril per quart. It gives body and flavor and adds to the nourishment.

BOVRIL

Sold only in bottles.

Cross-Word Puzzle



- | | | |
|-----------------------|---------------------------|---------------------------------|
| HORIZONTAL. | 23—Metallic element | 32—Mimic |
| 1—Recompense | 24—Enliven | 34—Colored liquid |
| 2—Example (ab.) | 25—Pellet | 35—Shelter |
| 3—Color | 26—The same (ab.) | 36—Bottle |
| 4—Daisy | 27—Whip | 37—Upper limb |
| 5—Emmet | 28—Territory (ab.) | 38—Transgression |
| 6—Austria (ab.) | 29—Mischievous person | 39—Help |
| 7—Lehigh Valley (ab.) | 30—Barrier | 40—Bounded vessel |
| 8—Strikes sharply | 31—Part of "to be" | 41—Side timber of a ship |
| 9—Answer (ab.) | 32—Indescribable | 42—City in northern Palestine |
| 10—Observe | 33—To five | 43—Centre of wheel |
| 11—A copy | 34—Grass | 44—To five |
| 12—Wharf | 35—Prefix denoting out | 45—Atmosphere |
| 13—Imperfect of "do" | 36—Vase shaped receptacle | 46—Italian actress |
| 14—Edge of an object | 37—Open work fabric | 47—A fairy of Persian mythology |
| 15—Measure of weight | 38—Boy's nickname | 48—Food of ruminants |
| 16—Imperfect of "do" | 39—Weapons of offense | 49—A sailor |
| 17—Heated | 40—Upper extremity | 50—One |
| 18—An exclamation | 41—That one | 51—Before Christ |
| 19—A crustacean | 42—None the less | 52—Italy (ab.) |
| 20—Roach | | |
| 21—Reverential fear | | |

do ants parade through your pantry?

NOT an ant in the house—if you use **FLIT**.

FLIT spray destroys bed bugs, roaches, ants, and insect eggs. The cracks and crevices where insects hide and breed are readily reached by FLIT spray. It is clean, easy and safe to use.

Kills Household Insects

FLIT spray clears the house in a few minutes of mosquitoes and disease-bearing flies. Spraying FLIT on garden plants kills moths and their larvae which eat holes. Extensive tests showed that FLIT did not stain or injure the most delicate fabrics.

A Scientific General Insecticide

FLIT is the result of exhaustive research by expert entomologists and chemists. More than 70 formulas were tested on various household insects before FLIT was finally perfected. FLIT is a 100% effective insecticide containing no inactive (dead) ingredients.

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DESTROYS
Flies—Mosquitoes—Moths
Ants—Bed Bugs—Roaches
Many Other Household Insects and Their Eggs

For Sale Everywhere 50c, 75c (with hand sprayer \$1.25)

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Flies—Mosquitoes—Moths
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FRECKLES AND HIS FRIENDS

YOU CAN'T GUESS WHERE I'M GOING TO MORROW! OUT TO MY UNCLE'S FARM—GONNA STAY TWO WEEKS—WANNA GO ALONG? ASK YER MOM IF YA CAN!

GEE—COULDN'T WE HAVE FUN!

NOM, ALEK'S GOING TO HIS UNCLE'S FARM ANY HE WANTS TO KNOW COULD I GO ALONG—CAN I, MOM?

WHEN IS HE COMING BACK, TAG?

IN TWO WEEKS WED GO BACK!

OH, TAG—TO CRY THE WHOLE DAY LONG IF YOU WENT AWAY AND LEFT ME LIKE THAT!

OH, NO, YOU'D HAVE TO STOP FOR LUNCH!

By BLOSSER

BOOTS AND HER BUDDIES

WHERE'S OPAL?

WHY WE DECIDED TO MAKE SOME COFFEE AND SHE WENT DOWN TO THE STORE AFTER SOME AFTER CREAM.

WELL, THERE'S ONE THING SURE—IF OPAL HADN'T GOT LOST IT WOULDN'T BE LONG TO FIND HER.

BUT I AM WORRIED ABOUT HER—SHE'S BEEN GONE FOR QUITE A WHILE.

I GUESS SHE'S COMIN' NOW—WHY? WELL—CORA, CORA, CORA!

OH, STORE WAS CLOSED BUT AH FOUND DIS BEE COW DOWN DE PINE N' ITS A PUNNY THING—SAY, FOLLOW ME INTO CAMP MEAN, GO YETCH ME A WALL, QUICK—SAY, JESSIE!!!!

By MARTIN

SALESMAN SAM

YOU'RE HIRED—YOU SEE, WE NEED A PAIR TO RUN THE STORE WHILE WE'RE AWAY. YOUR HOURS WILL BE FROM 8 TO 6—8 TO 6!!—I DON'T LIKE THEM HOURS.

ALLRIGHT—WELL JUST REVEGE THEM FROM 8 TO 6—TO 6 TO 8 INSTEAD.

THASS FINE! I'LL BE RIGHT ON IN TOMORROW MORNING.

FOR TH' LOAN MIKE SAM!! DON'T GET ANY CIGARETTES, RAHEY'S ON TH' CORPET! TH' WIFE'LL RAISE TH' DICKENS.

THAT EVENING

MINUTES LATER

By SWAN

PIE

The 7 Ages Of Plentie (Apple) Pie

First the blossom on the tree—then the luscious apple hanging from the bough.

The third is the plastic crust shaped by skilled hands that know the secret of crisp pastry.

Follows the fourth—a period in an oven as clean and sweet as new mown hay.

The fifth is the christening—the label designates the variety.

The sixth age—a very short wait for a purchaser.

And last, the seventh—the finishing touch to a perfect meal. All grocers sell the freshly packaged

Plentie Pie

Robinson Baked

NATURE'S DANGER SIGNALS

Nervousness, melancholia, back ache, headache and pain in the side are all nature's danger signals which indicate some ailment peculiar to a woman. When such warning symptoms appear women may avoid much pain and suffering if they will rely upon Lydia E. Pinkham's Vegetable Compound, as its tonic, strengthening influence speedily removes the cause and restores the system to a healthy normal condition.

CARELESS WORKER CAUSES BIG LOSS

1,500,000 Francs Damage in French Forest Blamed on Smoker.

Canadian Press via Reuters.

PARIS, Aug. 6.—The origin of the forest fire which caused damage to the extent of 1,500,000 francs, in the War Department, has been traced to the carelessness of an agricultural laborer, Andre Peppino who, while resting from his work for a few minutes, lit a cigarette and threw the lighted match away. Peppino says he did not deliberately start the fire.

Yesterday's Puzzle

BIRTH	FRANK
ROBESEEM	OR
E RARE	O
ST PELOTA	AN
TIER TS	MIRE
TRIM	NEON
TIME	ANTI
LENA RE	DACE
IR LASSOS	AM
L EVAN	M
AS POPULI	IE
COLON	YEAST

Summer Sports Bring Sore Muscles

—golf, tennis, gardening and a dozen out-of-door activities attract us so strongly that often the muscles are strained or overworked muscles—sore and stiff. Avoid the unpleasant after-effects by briskly rubbing in a few drops of

Absorbine Jr.

which will cool and refresh the tired muscles and prevent stiffness.

For all cuts and bruises too, Absorbine Jr. is very valuable because it is a powerful germicide and antiseptic, killing germs, preventing infection and promoting healthy healing.

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