

THE TIMES-STAR FEATURE PAGE

Fables On Health

**BALANCED MEALS**

EXPENSIVE foods do not, of any necessity, mean healthful foods. Mrs. Mann had long since learned this and made application of the moral in her household.

Thus, tomatoes may cost 10 cents each in winter but they do nothing to build up body tissues nor do they furnish fuel for the body so necessary in the cold months. As a summer food they furnish vitamins and minerals but when their cost rises the food value is negligible.

So it is with many other costly things as well.

Thus the responsibility that descends upon a housewife is great when it comes to planning meals. Much expense may be spared and general health of all diners improved by arrangement of a carefully balanced meal.

The appetite is not always a safe guide. Don't let it rule your menu.

**A Nice Distinction.**

"I am speaking the truth, not facts," said a witness in an English court.

LITTLE JOE

WHICH IS CORRECT, THE SCHOOL DAYS ARE WITH US, OR THE SCHOOL DAZE IS WITH US?



**A Trifling Detail.**

"What was the name of the last station we stopped at, mother?"

"I don't know. Be quiet. I'm working out a cross-word puzzle."

"It's a pity you don't know the name, mother, because little Oscar got out of the train there!"—Kasper (Stockholm).

**Something in a Name.**

Policeman (producing notebook): "Name, please?"

Motorist: "Aloysius Alastair Chaimon-deley Cyprian."

Policeman (putting book away): "Well, don't let me catch you again."

Punch.

Adventures of the Twins

By OLIVE ROBERTS BARTON

THE FRENCH CLOCK

"Now then," said Tick Tock, the clock fairy, when they had left the little traveler clock ticking brightly on the mantel, "I shall take you Twins to a fine big mansion in which there are wonderful pieces of art and rare old treasures."

"What does that mean?" asked Nancy who was as bad as Nick for asking questions.

"Well," said Tick Tock, "by art is meant a lot of things. Principally pictures and statues, but it also means other things such as tapestries. Tapestries are pictures woven in cloth instead of being painted on canvas. And it also means fine embroideries too. Embroideries are pictures woven in thread on table covers which people were so fond of doing in the olden times. And it also means lovely things to ornament rooms with. Vases and clocks and—"

"I suppose art means anything beautiful," said Nancy.

"That's exactly right," said Tick Tock with a firm little nod. "Exactly right. For even lovely old furniture and rugs are works of art. As you say, just anything that man has made that is really beautiful."

"Is a bird a work of art—or a flower?" asked Nancy. "They are beautiful!"

"More beautiful than any work of art," said the fairy. "But God made them. Man can never make anything one-millionth so fine as either of them. But that is different. I am going to take you to a house that has many lovely works of art, not only pictures and vases and statues and rugs, but fine old furniture and clocks as well. There is one fine old clock that needs repairing. And it has a story."

"Oh, dear! Let's hurry! I'd love to see it," said Nancy.

"It is too bad your children haven't studied more history," said Tick Tock. "If you knew more about history and people of America when our country was just starting, you would be more interested in this old clock."

A GRATEFUL LETTER

From a Lady Made Well by Dr. Williams' Pink Pills.

"I wish from my heart I could persuade every person who is run down in health to give Dr. Williams' Pink Pills a trial." Thus writes Mrs. Louis Mitchell, Oak Point, Man., who further says:—"About a year ago I was a weak woman, suffering from a run down system and impoverished blood. Any little exertion would cause my legs to tremble and my heart to throb violently. I could not sweep a room or walk fifty feet without being exhausted. Then I began taking Dr. Williams' Pink Pills and after taking only six boxes I am as well and strong as ever. I can walk and run without stopping every few seconds gasping for breath as previously. Dr. Williams' Pink Pills will be my stand-by in the future if ever my blood needs building up again, and I shall always feel pleasure in recommending them to anyone needing a tonic.

There are many troubles due to weak, watery blood which can easily be overcome by a fair use of Dr. Williams' Pink Pills. The sole mission of this medicine is to enrich and purify the blood and when that is done all the varied symptoms of anemia disappear, and good health returns. You can get these pills through any dealer in medicine or by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Fashion Fancies



**By Marie Belmont**

MANY of the new underthings for fall are stressing the flared treatment, and combining this with the rather fitted top.

The combination above is made of bright yellow crepe, its lower section widening out into a decided flare.

The trimming is Valenciennes, dyed yellow to match the crepe. The lace is applied to a wide band at the top, and this is made to fit the figure snugly. Some women wear these combinations tight, at the top, to dispense with the brassiere.

**Old Dutch "Chases Dirt"**

For cleaning Kitchen Sinks use Old Dutch. It removes visible grease and dirt as well as invisible impurities. Ensures healthful cleanliness all through the kitchen. Won't scratch, contains no hard grit, lye or acids.

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Any woman wearing either of these coats would be admired by all. You can have either or both for less money than elsewhere in Canada, and the price is the same no matter where you live.

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**Westfield**

WESTFIELD, Sept. 17—Mrs. Schmidt, of New York, Mrs. Roley Skinner's sister, entertained a party of eight at dinner at Maple Inn, Monday evening.

Miss Marion and Elsie Kee, of Saint John, have been recent visitors of Miss Marjory Pearce at Watter's Landing.

Mrs. J. B. Brand entertained Miss Marjory Watson and the Misses Peters at lunch at Maple Inn, Tuesday.

Rev. A. J. Ratzlone and Mrs. Patstone, with their son, Theodore, left Monday in their motor boat for a week's trip on the river.

Mrs. Hubert Seelye, of Woodstock, is visiting her mother, Mrs. Leander Tingley, at Lingley.

Mrs. A. M. Woodman returned Monday from a week's visit in town with Miss Jean Rowan at Ten Eyck Hall.

Mrs. C. F. Hoben, who had been a guest at Maple Inn for the summer, is spending a week with Mrs. A. M. Woodman.

Mr. and Mrs. Howard Wilcox closed their summer home at Westfield Saturday and are spending a few days in town prior to their departure for Boston.

Mr. and Mrs. E. A. Thomas closed their summer house at Hillendale on Wednesday and left for town.

Mr. and Mrs. J. F. Tilton and Miss Frances, who had been spending the summer at Hillendale, returned to their city home Tuesday.

**30 minutes with magic SUNSET**

and

—your discarded beige blouse is a wonderful burnt sunset  
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**FRECKLES AND HIS FRIENDS**

ARE YOU SURE THE DOCTOR IS COMING TO DAY, NOW? AN DO YOU STROPE I CAN GET OUT OF MY WHEEL CHAIR AN RUN AROUND LIKE ALL THE OTHER CHILDREN?

YES, HE SHOULD BE HERE ANY MINUTE—HE'LL TELL YOU IF YOU CAN STAND ON YOUR FEET

HELLO, DR. FRECKLES! ARE YOU GOING TO LET ME WALK AROUND ON GEE, I'LL FEEL GOOD IF I CAN RUN AND PLAY AGAIN!

YES, I'M GOING TO LOOK AT YOUR KNEES—I THINK IT'S IN PRETTY GOOD SHAPE BY THIS TIME

IT DOESN'T HURT AT ALL ANY MORE!

FINE! NOW IF IT'S LIKE IT SHOULD BE, I THINK YOU WILL BE ABLE TO WALK ON CRUTCHES IN A DAY OR SO!

CRUTCHES! OH, WELL, I GUESS I SHOULDN'T COMPLAIN—LOTS OF PEOPLE WALK ON CRUTCHES ALL THEIR LIVES AND SEEM TO HAVE A GOOD TIME!

**BOOTS AND HER BUDDIES**

OH BY THE WAY, JAMES—BOOTS IS LOOKING FOR YOU. SHE IS OVER AT THE CORNER TABLE.

**THE SECRET IS OUT**

FOR GOSH SAKES! SHE'S WITH HER BOY FRIEND AGAIN. OH WELL, MIGHT AS WELL GO AHEAD AND GET THIS OVER WITH—ID LIKE TO SOCK HIM IN THE JAW.

**By MARTIN**

JIMMY, I WANT YOU TO MEET MY BROTHER, "BILLY."

YOUR BROTHER?

BY GOLLY BILLY—I'M SURE GLAD TO MEETCHA—

GAME HERE—I'VE HEARD LOT ABOUT YOU, JIMMY. SHAKE!

**SALESMAN SAM**

I WANT ABOUT \$2 WORTH OF CHICKEN FEED

YESSIR—WHAT KIND DO YOU WANT?—CORN OR CANDY?

I GUESS YOU'RE NEXT—WHAT CAN I DO FOR YOU?

WHY—I AH-ER-UM—I AH-HEH-HE-ER-ER-ER-AH—

YES YES

I-ER-UM-AH-ER-ER-HE-HE-HE—

HEY! ANLUTUMMY-HIT! BRING THAT TRAY OF ENGAGEMENT RINGS HERE!!!!

**By SWAN**

**Children Cry for Fletcher's CASTORIA**

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

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