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THE EVENING TIMES-STAR, SAINT JOHN, N. B., FRIDAY, MAY 29, 1925

THE TIMES-STAR FEATURE PAGE ==

Fables On Health

JUST FORGET WORRY ONE cannot stop worry by voluntary effort. The only method to check worry, and bring about sleep, is to occupy the mind with something else.

This something else should not be an exciting or an entertaining thought. If it is, it may prove as active in preventing sleep as worry.

The mind should be engaged in some form of activity which is as nearly as possible automatic and For this reason monotonous men-

tal exercise, such as counting, is efficient. The monotonous roar of the Niagara Falls is said to induce sleep to those accustomed to it.

Once ice formed at the Falls, which in some way stopped this roar, and all the people near, awak-

A baby is crooned to sleep by the mother. Often when the mother stops singing, the baby will awaken, Millers sleep in their chairs. When the wheels stop grinding, the

THE OLD HOME TOWN-

LITTLE JOE TT'S TWICE AS EASY TO GET IN WRONG WHEN YOU THINK YOU ARE ALWAYS



noise stops, and they awaken with a start.

If there is no monotony to induce sleep, one may produce it. Take a card and a short lead pencil to bed. When ready to go to sleep, close the eyes, take deep breaths, and at the end of every breath make a mark on the card. The amount of mental exercise, and the monotony of the marking soon induces sleep.

Adventures of the Twins

- By OLIVE ROBERTS BARTON. --MRS. PENGUIN AND THE SHEATH BILLS.

Peter Penguin was so full of stories "And so it went on, day in and day "'I was just thinking,' said Mister that Doctor Bill and the Twins coaxed out until Mister Penguin got a perfectly Perguin. Now you know how I feel all

jelly-fish put so many stingers into him cause he was most obliging and did he was lame for six days and—" "Then tell us the other story," said everything she aske dhim. Nancy quickly.

"Once upon a time there was a penhe began:

head.

"But Mrs. Penguin never moved. She knew that if she did, the other sheathbill would get behind her and eat her -By STANLEY

Mrs. Penguin angrily.

"'Yes, darling!' said he rushing up.

"'Why don't you help me?' demanded

But suddenly he stopped and just look-

that Doctor Bill and the Twins coaxed him to stay.

"You are such good company!" said Doctor Bill, "and I can't tell you when I've had such a good laugh."

"Do tell us another story," coaxed the Twins.

"Well—" said Peter Penguin, scratch his head with his wing, "let me sees. Would you like to hear about the albatross and the jelly-fish or about the penguin and the sheathbill bird?"

"Which is the funniest one?" asked Nick.

"Ales!" streed Peter Penguin, "Now you know how I feel all the time. No matter which way I move there you are after me. I think I'll let you alone and see what happens.'

"Oh! Oh! Do help me,' begged his wife. 'I see how mean I have been. I'll the time. No matter which way I move there you are after me. I think I'll let you alone and see what happens.'

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"Oh! Oh! Do help me,' begged his wife. 'I see how mean I have been. I'll the you alone after this. Honestly, I will.'"

So Mister Penguin hadn't either. Wo wyou know how I feel all then-pecked, I mean penguin-pecked, I'll let you alone and see what happens.'

"Oh! Oh! Do help me,' begged his wife. 'I see how mean I have been. I'll will hasn't any spring left.'

"One day his wife said to him, 'Mis
ter Penguin, I am going to lay some eggs. And while I'm sitting on them i wish you would watch around and keep "How do you know?" asked Nancy.

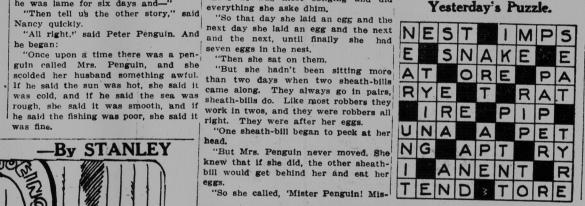
"He lost his appetite and he swam so slowly he never won any races any more, and all th othr a ah.eys,mb's to nudge each other and say: 'I see how mean I have been. I'll say will have the penguin hadn't will be the time. No matter which way I'm look.

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So Mister Penguin hadn't either. No matter which way I will b

"Alas!" sighed Peter Penguin, "Neither are so very funny. Indeed in the story about the albatross bird, the jelly-fish put so many stingers into him

"So that day she laid an egs and the



A Hat You Can Make Yourself



HERE'S a nifty little bonnet, and here's how you do it: Provide yourself with a yard of 15inch crepe marocain, pleat it in the centre, holding it with a big brooch. Put on your head so the brooch is in the centre of your forehead. Then cross the ends at the back and roll each end around the head. You can tie in a knot at one side, or can tuck the ends underneath. You have a smart little turban toque that you make up fresh each time you wear it.

HORIZONTAL. 20-Not off. 21-Wrath. 1—To charm.
8—Before.
9—Italian city.
11—Oval shaped.
13—Mister (ab.)
14—Island.
15—In the year
Lord (ab.)
16—Conjunction 22-Highest point of perfection.
24—Perfume.
27—Names for office. VERTICAL.

FIGURED SILK COATS Many of the smart new coats are of figured silk with very wide fur bands about the hem.

The velvet sash, very soft but brilliantly colored, often adds dash to the simple crepe or chiffon gown.

LOTS OF GOLD LACE Gold and silver laces are used lavish-

TO MAKE FERNS GROW Keep your ferns in a deep container cause their roots extend far in the

VELVET SASH, TOO Very practical housedresses and sport frocks are made of cotton broadcloth.



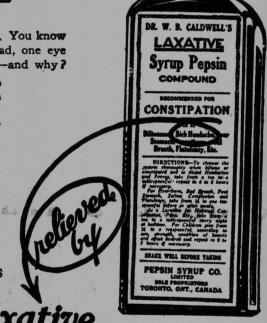
vigor of Mind-

THE system poisoned; a raging headache. You know the feeling—darting pains in the head, one eye feels as if it was detached and turning round—and why?

Simply because you do not attend to that most important of all rules of health -the cleansing of the intestinal tract. DR. CALDWELL'S LAXATIVE SYRUP

PEPSIN relieves constipation. It is pleasant to the taste. There is no discomfort in its action. There is immediate relief from the It is equally safe for the child or the adult. It is the old formula originated and used by Dr. Caldwell in his private practice

for over forty years. Ten Million Bottles are Sold Every Year. FOR SALE IN ALL GOOD DRUG STORES



Dr. Caldwell's Laxative









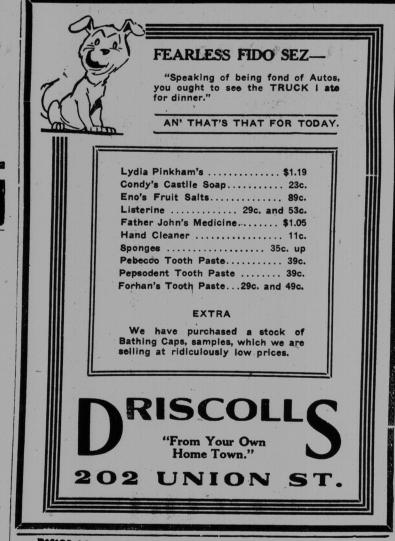


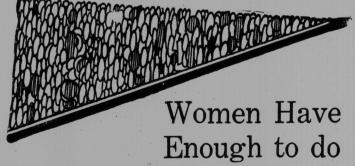












These days Housewives find out about all sorts of brushes, vacuum cleaners, electric stoves and the like—with the result that they are getting away from the oldtime drudgery that made life an endless treadmill of toil.

They save time and everything by depending on the richer Bread that's always ready.

Butter-Nut Bread Rich as Butter-Sweet as a Nut

