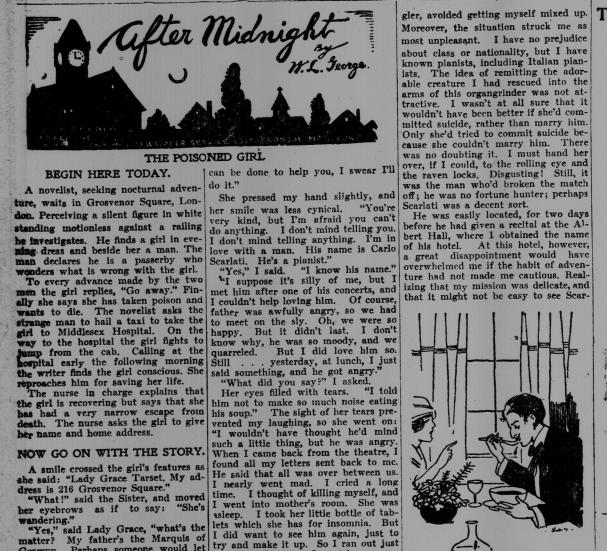
# POOR DOCUMENT

THE EVENING TIMES-STAR, ST. JOHN, N. B., WEDNESDAY, JANUARY 30, 1924

## EVENING TIMES-STAR MAGAZINE PAGE FOR THE HOME



Moreover, the situation struck me as most unpleasant. I have no prejudice



gler, avoided getting myself mixed up. THE OLD HOME TOWN



By Stanley

Sometimes, as a benefit to the depleted system through wasting disease or as a result of seasonal habits, a change in diet becomes necessary. But change in diet must not be entered into haphazardly. It should be made only upon the advice of your physician, if serious impairment of your health is to be avoided.

One may not be in the right physical condition to stand a change in diet, without careful preparation. But he may not be aware of this condition. If anything should go wrong the changed diet is to blame and not the careless action of the individual concerned. One is simply courting trouble to institute a complete change in diet without knowing the actual body condition, through a careful health examination. Often people regard a change in diet with no more concern than a change in clothes.

In the changing of any diet, special care must be given to the fats. These are not only a source of heat

BY DR. CLIFFORD C. ROBINSON

CHANCE IN DIEL.

## **ADVENTURES OF THE TWINS** By Olive Roberts Barton



I'm not a state,
But my capitals come at a furious rate. "I'm not a camel, Or yet a snail, But I've two backs, tho' not a tail.

However, dears,
As friend to friend,
I must confess that I've an end.
"Now what is it?" asked the Riddle

"Now what is it?" asked the Riddle Lady.

"Why, you have said that it wasn't so many things, there's nothing left," said Simple Simon.

"I only said it wasn't a tree or a flower, or king, or queen, or the postman, or a country, or a camel, or a snall," declared the Riddle Lady. "There are lots of things left to guess. 'Shoes and ships and sealingwax and cabbages and kings.' No not kings, but everything else."

"Maybe it's cabbages," said Simple Simon. "It's got leaves."

"No, it isn't a cabbage!" said the Riddle Lady. "Nancy, can't you guess what it is? Or you, Nick?"

But before the Twins could say a word, the Wise-Man-From-Our-Town remarked, "Tre been thinking and thinking and thinking. "Is it a quadre-ped of any sort? Or a dir-i-gible? Or an e-pluribus-unum? Or an ad valorem? Or a post-meridian? Or an anno-domini?"

The Riddle Land people and Mother Goose people looked suddenly as though the sky had fallen on them.

"Is it as hard as that?" gasped the Fat Man. "Dunce cap nothing! I fear

A new radio station in Holland has direct communication with their East Indian colonies.

Veterans' Associations' **Bovril Poster Competition** closes definitely

















