

**ROYAL YEAST CAKES**

Royal Yeast Cakes have been used and recommended by Canadian housewives for over 50 years.

Time is the test of quality. Insist on "the kind that mother used."

## Nursing Our Own Sick

## HINTS TO THE NURSE.

There is just now a scarcity of trained nurses, as also there appears to be some unwillingness among women to qualify for the profession. I am told on good authority there are hospitals advertising in vain for probationers. Thus any of us, at any time, may be confronted with the task of nursing our own sick. A few hints about some things the trained nurse attends to by force of habit directly she is called out to nurse a private patient may be of use to women less experienced.

## The Large Room

It is a great convenience if you can take the largest apartment in the house for your sick room. Also the sunniest room should be chosen, because sunshine is invaluable in restoring health. Every doctor knows that sunlight alone will kill the germ responsible for tuberculosis, provided the sun's rays are strong. And the recuperative power of sunlight acts with equal force on the healthier cells and tissues of the body.

## Single Beds

A single bed is better than a double one, because you can get all around it. If your patient is very helpless, in the middle of a double bed you may find difficulty in handling him. If two single beds can be spared for the sick room, all the better. That is one reason why the large room is preferable. Your patient can be moved towards the close of the day to the second bed whilst his own bed is made. After this, he is more likely to sleep, the bed being fresh and cool. Also you may probably be required to remain in the same room at night, in which case the second bed is again useful; for if you have a good deal of housework to do in the daytime as well as nursing, you must rest some part of the night.

## Hair Mattresses.

Hair mattresses are better than ordinary flock or feather beds. Should the illness last into weeks, it is far easier to attend to an invalid on a firm mattress which never gets in heaps to hurt the patient. Also, a sick patient's bed should never face the window. If she's rather placed in such a position that the light coming from the back will not tire the sufferer's eyes when he is well enough to read. The subdued light is also more conducive to sleep in periods of restlessness.

## Lifting.

If your patient is unable to sit up without assistance, and you are not good at lifting, he can often assist himself better than you can help by putting his arm around your neck or shoulders, and gently raising himself.

## Food And Medicine.

Everything should be done to tempt a sick person's appetite—the tray coaxingly arranged, the greatest variety provided, and the best bit of china in the house used. Trifles carry very great weight in case of sick fancies! Care over the dose of medicine and the time it is administered is of the utmost importance. There is always just enough of any drug the doctor is using to benefit the patient, and by giving too much or too little at irregular intervals the effect is entirely altered.

Such simple methods and arrangements make home-nursing easier, though to be uninitiated they may at first seem a great deal of trouble. They are also great aids to speedy recovery in any kind of illness.

## Household Notes.

Make your dish washing easier by putting all pots and pans to soak as soon as they are emptied.

Fill halves of canned pears with grated cheese, top with mayonnaise and serve on lettuce or cream.

Dishes should be scraped, sorted and stacked before they are washed. Time and energy will be saved.

Cheese sandwiches are delicious made with slices of bread sautéed in butter. Serve with currant jelly.

Pour jellied chicken into wet, individual molds lined with slices of stuffed olives and hard-boiled eggs.

Individual molds of jellied shrimp

## Another Big Programme at the MAJESTIC

AN ALL FOX WEEK-END BILL. DUSTIN FARNUM, IN

## 'The Buster'

A Smashing Story of Romance and Action.

The Rip-roaring Comedy—the funniest act since Prohibition became law in Newfoundland, entitled "THE AUTHOR."

And a very interesting NEWS FILM.

## THE ZYLOS

The Majestic Musical Team in a series of Successes.

To-day—a Four-Part Programme

Don't Fail to Hear THE ROSARY on the Merimbaphone. Popular numbers on the Piano and Saxophones.

## Are Your Headlights Dangerous?

HOW TO STOP THE BLINDING GLARE THAT INVITES DISASTER AT NIGHT.

By F. A. PLATTE, Instructor, Department of Physics, Columbia University.

Crash! I stopped my car, and peered back into the night. Two cars were locked together in the middle of the road. I put my motor in reverse and backed up to them, believing I should have to carry some one to the hospital; but I was relieved to find that damage had been done only to the cars. Each driver was blaming the other for the accident, and it was some time before I learned what actually had happened.

Dazed by the other's glaring headlights, one driver had been unable to see the road before him, and had headed his car directly into the other. Who was to blame? There could be only one answer. It was the driver who, through ignorance, carelessness, or selfishness, had operated the car with glaring headlights.

Bright Headlights Confuse Drivers. Every motorist has experienced the inconvenience and worry of night driving caused by approaching cars with headlights that throw blinding beams into his eyes. If the glare is especially bright, a driver virtually loses his sense of direction, and, if inexperienced, is likely to swerve his car unconsciously and to meet disaster. In fact, even an experienced motorist cannot feel absolute security against the menace of the glaring headlights of other cars.

Glaring headlights are unnecessary, and they are almost as dangerous to the car that carries them as to the car that may be passed, for, when your headlights dazzle another motorist, it is more than likely that it will be your car he will hit. So for your own safety you should make sure your headlights are properly adjusted.

## Inspect and Adjust.

Periodic inspection and adjustment of the headlights are essential to the elimination of glare. These operations are simple and require little time. Two things are to be considered—the proper location of the lamp in its socket and the angle at which the beams leave the lens.

To determine whether the lamps are properly focused, drive the car fully loaded, toward a wall or other flat, vertical surface and stop about 75 feet away. A shorter distance will serve, but it should not be less than 25 feet.

## To Test Lights.

Now remove the lenses. Cover one lamp and note the shape and size of the reflection that the other casts on the wall. Turn the screw or other adjusting device with which your lamp is equipped until you have produced the smallest and clearest possible reflection on the wall. This reflection, to be most efficient, should be circular in shape.

That lamp now is in proper focus. By turning the adjusting screw, you have moved the lamp backward or forward until it has reached the particular point in relation to its reflector that is called the focus. When the lamp is in this position, all rays of light emerge from it in parallel lines. When the lamp bulb is in front of the focus, the rays cross; when in rear, the rays diverge. In either case in which the lamp is out of focus, the reflection on the wall will be a large ring and not a small, solid round

spot. The rays that compose the upper portion of this large ring are the dangerous ones that are projected into the eyes of approaching motorists. Adjust the second lamp in the same way.

Having completed these adjustments, replace the lenses on the lamps, making sure that they are right side up. Immediately the reflections on the wall become oval in shape. The reflections of lamps should combine to produce a flat oval reflection. When this is obtained, the lights should be adjusted for height of beam. The top of the beam should be at the level of the lamp, or at about the height of the waistline of a grown person. With a light car this level should be even lower, for when several heavy people enter the car, their weight tilts the front end.

## Correct Headlight Angle.

Most cars are provided with an adjusting device to tilt the headlights. If your car is not provided with an appliance of this sort, you must bend the lamp brackets until the proper beam level is obtained. If when you sit in your car, you can see with reasonable clearness, the head and neck of a person standing from 25 to 75 feet away, the beam cast by your lights is too high. Either the focus must be changed, or the lamp must be tilted down.

In addition to the two all-important considerations mentioned above, the lights can be improved further by using anti-glare lenses and polishing the reflectors with a soft cloth dipped in powdered lampblack. The various makes of special anti-glare lenses are of two kinds—diffusing and deflecting. Diffusing lenses resemble ground glass and scatter the beam. Deflecting lenses merely take the beam that project upward and bend them down so that none will rise above the lamp level. Although most of these devices will accomplish the desired purpose, there are some which bend the rays down so much that they strike the road just in front of the car. While this eliminates glare, it also eliminates a good view of the road.

Another important consideration is that the lamps be of proper candle-power. Too intense a light from the lamp will produce too sharp a beam. Even though this may not shine directly into the eyes of an approaching motorist, it may be strong enough to cause him annoyance.

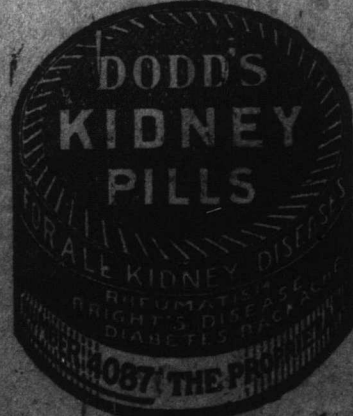
If you follow these precautions, you will find you have an ideal light preceding your car—one that will illuminate objects sufficiently; one that will throw its brightest rays on your side of the road; and sufficiently close to the car to see the road ahead; one that will permit you to view the full width of the road for at least 200 feet, but without casting a dangerous light into the eyes of other drivers.

Furthermore, you will be spared the annoyance of continually turning on and off your lights, a dangerous practice in itself.—Popular Science.

## Skin Tortured Babies Sleep Mothers Rest After Cuticura

## Invited Another Year PRINCESS STREET CHURCH IS FLOURISHING UNDER REV. J. K. CURTIS.

At the last meeting of the Quarterly Official Board of Princess Street Methodist Church the minister, Rev. J. K. Curtis, B.A., was warmly and unanimously invited to return next year. The Trustees Board, also in session, voted to support the request. All the departments of the church were found to be making splendid progress. Congregations fill the entirely inadequate church building, and there has been noted increase in the Sunday offerings through new contributors and increased liberality. There is further a deepening of the spiritual life of the worshippers, ministered through their increasing activities in religious work.—Kingston Standard.


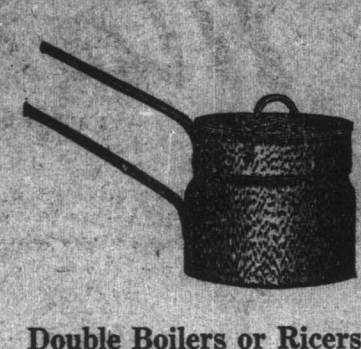


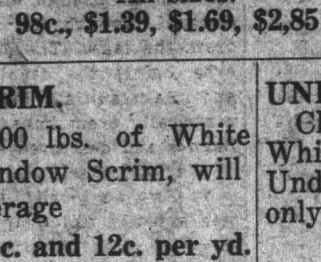

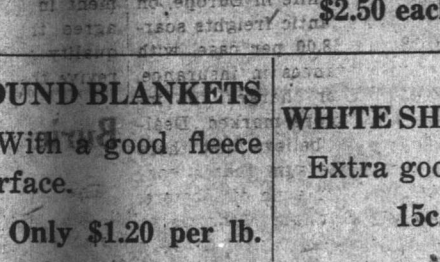
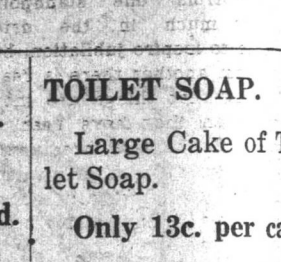


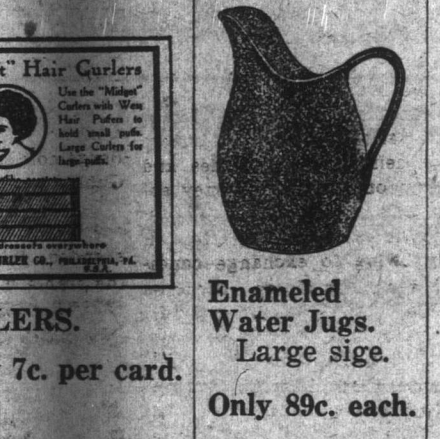
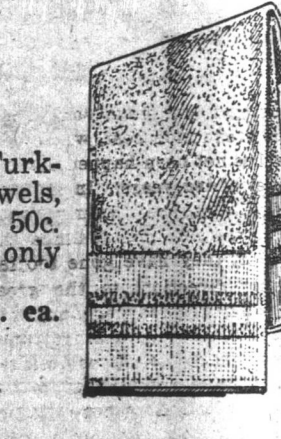
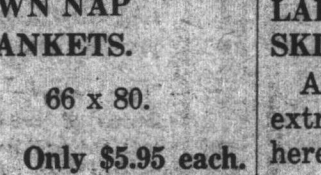
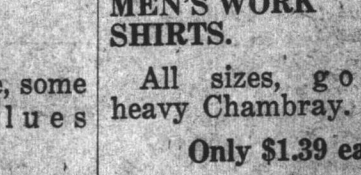




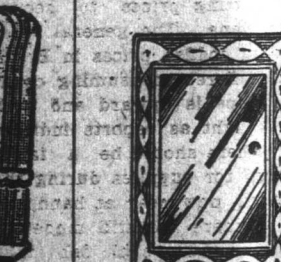
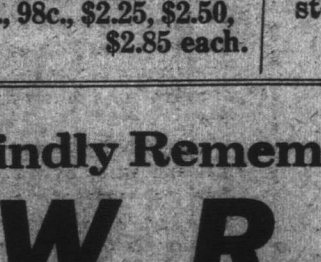
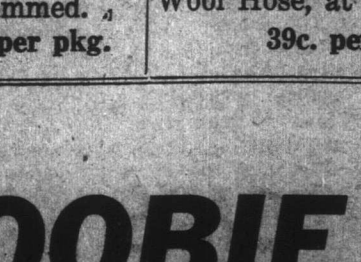
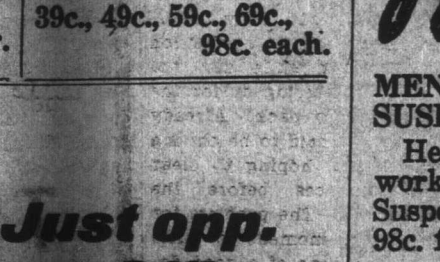



**DODD'S KIDNEY PILLS**

100% THE P

## Transact Your Business Where Facilities are Best

## Qualities are High, Goods are Many &amp; Prices are Right

 <p><b>BOILERS.</b> All sizes. 98c., \$1.39, \$1.69, \$2.85 each.</p>	 <p><b>Double Boilers or Ricers.</b> 95c., \$1.29, \$2.50 each.</p>	 <p><b>ENAMELED SAUCEPANS.</b> 49c., 67c., 79c., 98c., \$1.25, \$1.69, \$2.50 each.</p>	 <p><b>ENAMELED PIE DISHES.</b> 69c., 75c. each.</p>
 <p><b>SCRIM.</b> 100 lbs. of White Window Scrim, will average 10c. and 12c. per yd.</p>	 <p><b>UNDERPANTS.</b> Children's Pure White, fleeced lined Underpants; size 26 only. 39c. per pair.</p>	 <p><b>FLANNELETTE.</b> Fancy Stripe Flannelette, good value. 29c. per yard.</p>	 <p><b>POUND BLANKETS.</b> With a good fleece surface. Only \$1.20 per lb.</p>
 <p><b>White and Wht. Enamel Chamber Pails.</b> With white cover. Only \$2.25 each.</p>	 <p><b>English Enamelware Teapots.</b> \$1.39 each.</p>	 <p><b>HAIR CURLERS.</b> Only 7c. per card.</p>	 <p><b>Enameled Water Jugs.</b> Large size. Only 89c. each.</p>
 <p><b>DOWN NAP BLANKETS.</b> 66 x 80. Only \$5.95 each.</p>	 <p><b>LADIES' TOP SKIRTS.</b> All half price, some extra good values here.</p>	 <p><b>MEN'S WORK SHIRTS.</b> All sizes, good heavy Chambray. Only \$1.39 each.</p>	 <p><b>LADIES WHITE UNDERVESTS.</b> short sleeves, just the right weight for this season. 98c. per garment.</p>
 <p><b>ENAMELWARE Water Kettles at 79c., 98c., \$2.25, \$2.50, \$2.85 each.</b></p>	 <p><b>ENVELOPES.</b> Of good plain white stock, well gummed. Only 9c. per pkg.</p>	 <p><b>MEN'S WOOL HOSE</b> English Heather Wool Hose, at only 39c. per pair.</p>	 <p><b>ENAMELED CHAMBERS.</b> All sizes. 39c., 49c., 59c., 69c., 98c. each.</p>
 <p><b>MIRRORS.</b> Kitchen Mirrors, in gilt and wood frames; all sizes. 25c., 35c., 45c. ea.</p>	 <p><b>MEN'S SUSPENDERS.</b> Here is a good workman's heavy Suspenders, worth 98c. for only 69c. each.</p>	 <p><b>MEN'S HEAVY TWEED TROUSERS.</b> All sizes. Only \$2.50 per pair.</p>	 <p><b>MEN'S SUITS.</b> Don't forget to see our heavy English Tweed Suits; all sizes. Only \$12.50 per suit.</p>

Kindly Remember

**W. R. GOOBIE** Is Just opp. Post Office

Salad are attractive served on lettuce - fat and serving with orange-salmon butter with a little chili sauce. Set soft, fruit-flavored gelatin in a much popping of grease, flour the nut, when making a coconut bowl of cracked ice, beat until foamy, liver and place in the back of the pie, use shredded coconut milk. When frying chicken, to avoid so If you cannot procure fresh

No Need For An Expert.

BY BEN BATSFORD



**RILLY'S UNCLE**

SAY—LISTEN BUCK!—YOU GOTTA CALL FOR ME AFTER THIS—'CAUSE I CAN'T STAND TO HEAR YOUR SISTER MURDERIN' THAT FIDDLE!

AW—UNWANT YOU KNOW ABOUT MUSIC!

I TOLD MAMIE YOU DIDN'T LIKE HER PLAYIN' AN' SHE SAYS YOU AN'T NO JUDGE OF MUSIC ANYHOW!

MAYBE I AN'T—

—AN' I AN'T NO JUDGE OF FRUIT NEITHER—

—BUT I CAN TELL WHEN AN APPLE IS ROTTEN!