

THE TIMES-STAR FEATURE PAGE

Fables  
On  
Health

LIKE SINGING? IT'S HEALTHFUL

Singing is a great aid to health. Correct standing and breathing are encouraged by singing and the subsequent developing of the chest makes one feel better generally. Sanatoriums, hospitals and other health institutions and industrial concerns are realizing the value of singing and many have daily periods set aside for such exercise. For one to sing it is necessary to have musical accompaniment, which is also a great health aid. Music promotes digestive functions, relieves fatigue and calms the nerves. If in singing a person will stand

LITTLE JOE

THE UNEXPECTED THING ALWAYS HAPPENS JUST WHEN YOU DON'T EXPECT IT TO



before an open window and breath deeply it will force air into the lower lobes of the lungs, which are often used but little. This will also have a tendency to improve the speech. Singing is a medicine which all can take without complaining "how bitter" it tastes.

Miner's Liniment for Rheumatism.

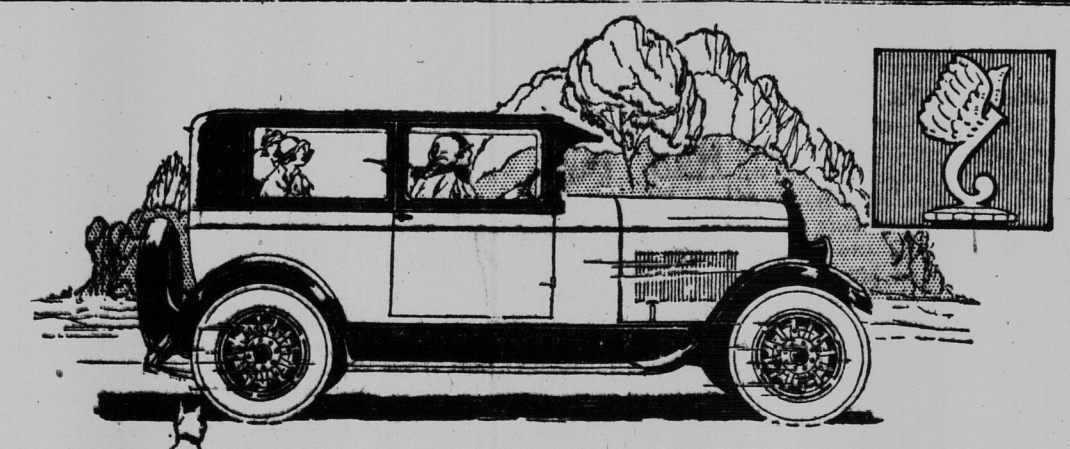
Adventures of the Twins

By OLIVE ROBERTS BARTON. THE PORCUPINEAPPLE

When Nancy and Nick left the house of Mrs. Sea-Cow, they again started to look for the Fairy Queen's lost honey-bee. They looked up and down the lanes, behind all the trees, in every bush, and under the stones. But no sign of bees or bee-hive could they see. "It doesn't happen to be me you are looking for, does it?" asked a funny looking creature that was waddling along the road.

"Not unless you're a honey-bee," said Nancy in surprise. "And you certainly don't look like one." "No, I don't look like it and I'm not it," said the singular creature. "Three guesses and I'll tell you what my name is." But the Twins couldn't even guess once. "I'm a porcupineapple," said their new acquaintance. "I used to be a porcupine. But I ate so many apples I turned

into a porcupineapple. What are you doing in the Land of Wonders?" The Twins told him about the Pixies and how they had run off with the Fairy Queen's honey-bee, and how they had unlocked the door of the secret cupboard only to find themselves, not a cupboard at all, but in this strange place. "Oh, ho, ho," laughed the porcupineapple. "This isn't a strange place, it's just because you are not used to it. If you like I'll take you around in my small-boat and I'll explain to your entire satisfaction that it is you who are queer."



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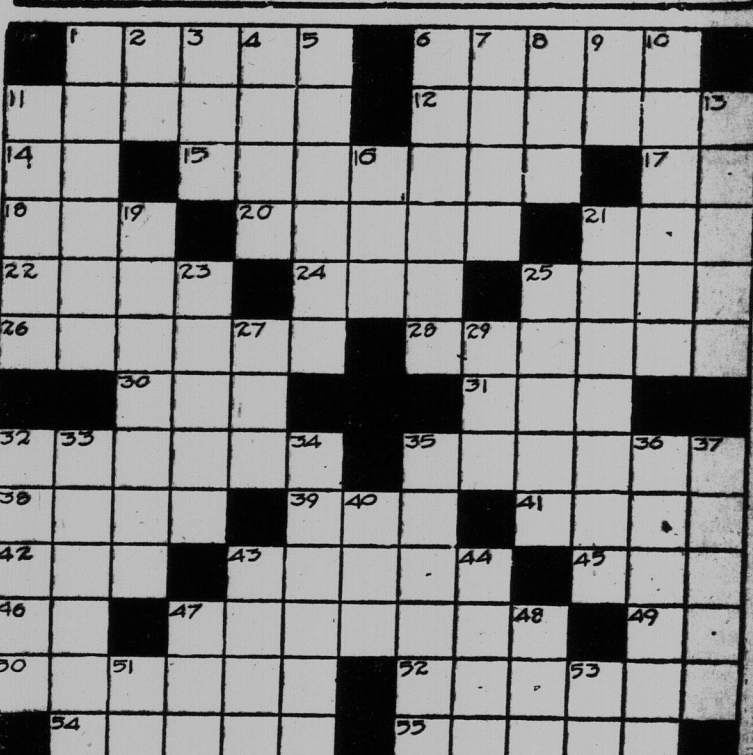
"FRUIT-A-TIVES"

The Fruit tonic laxative

"I said a small-boat," said the porcupineapple. "Don't you mean a sail-boat?" asked Nancy. "Nothing of the sort," said the other. "Here it is now. Get in, my dear." Down the stream came floating a large small shell with a small's horns sticking up for masts. Between the two horns hung a sail. "Get in," said the porcupineapple to the Twins. "We can't," said Nick. "There is no room." "Oh, hell move over," said the porcupineapple. "He's pretty important being captain, bow's and mate, so being three people he spreads himself out. But he can move." The small moved over and they all got into the little boat, but they were packed so close that the porcupineapple's spikes kept sticking into their legs. However, the small stuck his horns out still further and the sail went up with a whirr. The wind caught it and away went the cork-shell down the stream as fast as a motor-boat. "I forgot my cinnamon drops and overboard," cried the porcupineapple suddenly. "I never travel without them. I shall have to go home. The overboard keep my feet dry, and the cinnamon drops keep me from getting seasick. But you three go on. I'll catch up. I'll meet you at the corner of Bar-Bay and Pandy Bay on Blue Monday."

"What is he talking about?" cried Nancy as the porcupineapple got out. But all she heard was a snore. The small was asleep and nobody was paying the slightest attention to them. To Be Continued.

Cross-Word Puzzle



- HORIZONTAL.
- 1—Bolt
  - 2—Simple
  - 3—Withdraw
  - 4—Payment for freedom
  - 5—Aloft
  - 6—Astonish
  - 7—Southern State (ab)
  - 8—River (Spain)
  - 9—Ancient English Noblemen
  - 10—Form of "Light"
  - 11—Before (Lat)
  - 12—Booster
  - 13—Epistle
  - 14—School book
  - 15—Exclamation
  - 16—Royal Naval Reserve (ab)
  - 17—Bewill
  - 18—Richly laden ship
  - 19—At a distance
  - 20—Pronoun
  - 21—One time
  - 22—Vase
  - 23—Compact
  - 24—Period
  - 25—Southern State (ab)
  - 26—Dynasty
  - 27—Comparative suffix
  - 28—Circus
  - 29—Traps
  - 30—Bride
  - 31—Captured
  - 32—Form of "to be"
  - 33—Beginner
  - 34—Butter
  - 35—Mother
  - 36—Propelling implement
  - 37—A stuffed seat
  - 38—Arachnid
  - 39—East Indian tree
  - 40—Mistake
  - 41—Eternity
  - 42—Express mirth
  - 43—Fertile
  - 44—Ritter principle of tea
  - 45—Steve
  - 46—Period of time (pl)
  - 47—Capital state (ab)
  - 48—Refuse
  - 49—Mountain in Sicily
  - 50—Sun
  - 51—Ox-like animal
  - 52—Perform
  - 53—Note of scale.
- VERTICAL.
- 1—Complain
  - 2—Pronoun
  - 3—By way of
  - 4—Previously
  - 5—Rope fastening
  - 6—Cutting implement
  - 7—Path
  - 8—Conjunction

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