

INSIST ON

SILVERWOOD'S*Smoother than Velvet***Ice Cream**

SOLD BY LEADING DEALERS EVERYWHERE

Look for the Silverwood Sign

VELVET**Rules the New Mode**

Velvet, plain or printed, is a fashion leader by day and star of the mode by night. It is the perfect medium for the feminine trend, with its exquisitely sheer texture and suppleness. If printed, the design is smartest when small, while the plain velvet frocks in tones of brown, blue or black are first in fashion importance. A recently arrived group of frocks show such new details as the side flare, concentrated fulness, tiers, swathed hipline and unique necklines.

Welcome, Fair Visitors

R. J. Young & Co.

Limited

"The Best Place to Shop after All"
Fly-o-cede
Fly Tox
and Whiz

KILL ALL YOUR FLIES AND MOSQUITOES



You Get Them at

W. T. Strong's Drug Store, LIMITED
Party Followers
Are Amazed

(Continued from Page One)

Howard case.

Attorney Howard in an interview in Kansas City, is alleged to have charged his co-worker with being in sympathy with lily whites in the clash on contests for seats. She, however, claims that she has no prejudice whatever and points to the fact that she defrays the expenses of a colored youth at Howard University, but that she is anxious to "clean up" the Republican Party in the South and build a real organization which will function at all times instead of just once every four years.

T. T. Willis, counsel for the Mississippi lily whites, stated that it was understood at Kansas City that the Republican Party as a whole would unite to clean up colored leadership in the South. He further predicted that Rowland Lamont, white rival of Attorney Howard, would be elevated to the place held by Howard.

Reports here are also to the effect that United States Senator Pat Harrison may be involved before the case is cleared up.

Overweight Is to Be Desired By
Persons Under 30, Says
Expert

Washington, D.C.—Up to the age of 30, overweight is likely to add years to life, but after that it has the opposite tendency.

That is one of the conclusions reached by specialists of the Nutrition Laboratory of the Carnegie Institution of Washington, after many years devoted to the study of metabolism, the fundamental vital process involving the combustion of food materials when united with oxygen in the cells.

"During youth and the period of rapid growth," it was said, "statistics show clearly that overweight is a distinct asset towards longevity. Beyond 30 years it becomes a liability of no mean significance. But the keen appetite for food so fortunately provided for us by nature during the period of youth and activity has established such a firm habit upon us that the tendency is to keep up the food intake, notwithstanding the fact that with advancing age the physical activities are lessened and there is therefore an ever-decreasing heat output. The inevitable result is increase in weight, which begins with plumpness, passes through embonpoint and finally ends up in obesity, which should always be called fatness.

"The chief cause of obesity is overeating. Contributory factors may be errors in diet, errors in exercise and certain pathological conditions. But when you eat a little more than you burn up it must be deposited in the body.

"The insidious way in which a small excess may contribute to build up fat is illustrated by the fact that if but one small pat of butter, corresponding to 10 grams in excess of one's needs is eaten

each day for a year it will cause an increase in weight of eight pounds. Two extra lumps of sugar eaten each day throughout a year or the equivalent amount of candy (a nougatine, for example), would also cause the same increase in weight."

INNOVATION ATTAINS
QUICK POPULARITY

Tried as an experiment in providing extra comfort for night travellers, the single-room sleeping cars on Canadian National trains between Toronto and Montreal quickly reached tremendous popularity.

So completely has this new travelling convenience met a long-felt want of the travelling public, that these cars now operate on both the ten and eleven o'clock trains to Montreal.

Each room in the single-room sleeping cars is tastefully decorated. It provides every toilet requisite, has hot and cold running water and ample space for baggage on the racks and under the bed. Deep springs and soft mattresses make travelling as comfortable as sleeping at home.

The popularity of this Canadian National service makes it advisable to arrange for reservations early. Full particulars and reservations from any Canadian National Agent.

India Missionary
Delegate Asks Reports

New York, Aug 24—The National Association for the Advancement of Colored People, 69 Fifth Avenue, has received a letter from P. O. Philip, Secretary of the National Christian Council of India, Burma and Ceylon, asking for N. A.A.C.P. reports and other material on race relations here.

"We, in India are very much interested in all question affecting the welfare of colored people in North America," writes Mr. Philip.

SUMMER TRAVELLERS AP-
PRECATE "THE CONFED-
ERATION" SERVICE.

"The Confederation", Canadian National Railways' most popular train is greatly appreciated by travellers for its comfortable modern service.

From Toronto, it gives a rapid through service to Vancouver, through Winnipeg, Brandon, Regina, Saskatoon, Edmonton, Jasper Park, and Calgary.

Fully equipped with standard and tourist sleeping cars, dining and compartment-library observation cars, radio and valet service; this all-steel train makes the journey to Vancouver a pleasant pastime.

Full information and reservations from Canadian National Agents.

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