

THE TIMES-STAR FEATURE PAGE

Fables On Health

APPLES GOOD FOR DIGESTION

A RIPE, juicy apple will digest in the stomach in 85 minutes. Thus it is no wonder that apples are recommended for health.

Apples contain a larger percentage of phosphorus than any other common fruit, and phosphorus is admirably adapted for renewing the essential nervous matter of the brain and spinal cord.

Apples are excellent for sluggish livers. For this reason they are recommended for clear complexion.

Sluggish livers permit the body to become filled with noxious matters, which, if retained, make the brain heavy and dull, or bring about jaundice, skin eruptions and other allied troubles.

Persons who eat large quantities of meat are especially urged to eat apples, as the malic acid of ripe apples tends to neutralize chalky matter engendered by eating too much meat.

LITTLE JOE

USING A WET DISH TOWEL WOULD TAKE ALL THE PLEASURE OUT OF WIPING DISHES—IF THERE WAS ANY PLEASURE IN IT.



An apple, eaten before going to bed, cleanses the teeth, and protects them from the action of bacteria during the night.

Apples are cheap, and plentiful, especially during summer. So—“Eat an apple going to bed, And make the doctor beg his bread.”

Adventures of the Twins

By OLIVE ROBERTS BARTON.
MORE BIRD PATIENTS.

Some very queer birds came to Doctor Bill's hospital.

One was the hoopoe. Did you ever hear of him? He is a nice little fellow, a bright brown, with wings all black and white.

He has a hard life, indeed, because not only men shoot him for sport, but hawks love to chase him.

He doesn't live in America, but I am sure we should love to have him if he would come.

“What happened to you, Henry?” asked Doctor Bill.

“Well, I'll tell you, Doctor,” said Henry Hoopoe. “It was this way. I hadn't been at my breakfast five minutes when I saw a cloud sort of pass over the sky. And looking up I beheld a terrible hawk.

“He was swooping down right at me, so I dropped the big bug I was eating, and spread out my feathers flat and sprawled out my legs and closed my eyes and pretended I was dead. They say I do it nicely, you know, play dead.

“I twist around all sorts of ways and ruffle up my feathers until I look exactly like an old bunch of rags.”

“Didn't it work?” asked Doctor Bill.

“Just wait until I tell you,” said the

hoopoe bird excitedly. “Yes, it worked all right in some ways. The hawk swooped down, but either he didn't see me or he didn't want a dead bird, for he flew right away again. The things that hurt me was something altogether different.”

“What?” asked the Twins who were getting as curious as Doctor Bill himself.

“When I flopped down on the ground there was something right under me I didn't see as there were a lot of old

leaves lying around. It was a snake and he bit me in the leg. How I got away I don't know.”

“It does seem too bad,” said Doctor Bill sympathetically. “Come, we'll fix you up as good as new, sir.”

“Why don't you do like us?” asked another little bird who had just arrived. “Then you can't get hurt.”

The newcomer looked like a sparrow, yet he was different. He was gray and had a black head and tall and fat white cheeks.

“Hello, here! What's your name?” asked Doctor Bill. “I don't seem to remember exactly who you are.”

“Jimmy Java Sparrow,” answered the beebie-n-ca thesandan Stcourt little bird.

“Well, well, well! I declare! How do you do Jimmy? And what is it you do that is so wonderful?”

“I adopt somebody,” said Jimmy proudly.

“Humph! What good does that do?” demanded the little hoopoe bird. “It only adds to your troubles.”

“No it doesn't. What I really mean is that I get somebody to adopt me. I usually pick a nice big bird like a dove or pigeon. I go where he goes, and at night when he goes to sleep I roost on his shoulder. Other big birds let him alone and I'm safe, too.”

“Then how did you get hurt?” asked Nick.

“It was a mistake,” said he. “Someone shot at the dove and hit me by mistake.”

“Then it works both ways,” said Doctor Bill.

“But it doesn't matter. I saved his life,” said the little Java Sparrow proudly.

To Be Continued.



FLAPPER FANNY says
If you are so smart that you think ignorance is bliss, you soon find out that it isn't.

Paris' Latest Bridal Dress



HERE is the very latest bridal costume from Paris. It was designed by Lucien Lelong and is a unique combination of a short skirt, high neck and long sleeves.

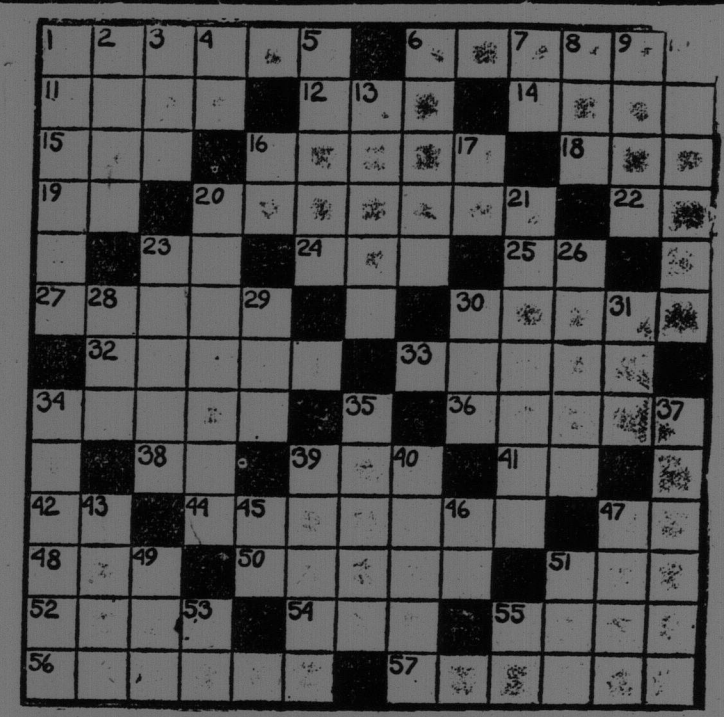
BOY'S BANK OF 500 B. C.
PARIS, June 2.—A child's bank, similar to those used today and believed to be 2500 years old has been found in excavations of the ancient city of Uti.

TRIMMING DRESSES
Jabots and pinned bouffees are a popular way of trimming dresses of printed chiffon and net.

Yesterday's Puzzle.

BEAR ORB BINS
A PEAR OVEN A
RIPEN GLAD AN
DOLL WATT ICE
WE FITS ART
PA BATH AROSE
A BOTH SPIN G
WOODS WEED DO
ARE ROAD ME
ORE CURL TOED
AS VOID GRIME
T FINNWOES A
SEAM SUE ETON

Cross-Word Puzzle



HORIZONTAL
1—Red breasted bird.
6—A favorite season of the year.
11—Sooty.
12—Chief certified accountant (abbr.).
14—Above.
15—A Southern State (abbr.).
16—A material used in making beer (pl.).
18—An affirmative.
19—Exists.
20—Leasing.
22—That man.
24—A color.
25—An Egyptian sun god.
27—Sneak, smooth (slang).
30—To wed.
32—A girl's name.
33—Meaning.
34—The chief devil.
36—Indifferent to pain or pleasure.
38—A note in the diatonic scale.
39—The knife of clubs in five card loo.
41—Half the width of an arm.

VERTICAL
1—Proportions.
2—A pronoun (pl.).
3—A case of wood or cardboard.
4—Within.
5—Meagre.
6—A kind of fabric.
7—Recto (abbr.).
8—A clinging vine.
9—Never (poetic).
10—Covered with grass.
11—A place in a church.
12—Another form of “I.”
13—Tin (symbol).
14—To climb over again.
15—Allowed.
16—Parts of swords.
17—Malicious burning.
18—A meadow.
19—Knowledge (Scotch).
20—Methodist Episcopal (church) South (abbr.).
21—A Portuguese money.
22—A shrill, loud noise.
23—A drawing room.
24—A betelgeuse.
25—To exist.
26—In.
27—A note in the diatonic scale.
28—River island.
29—A rodent.
30—A beverage.
31—To exist.
32—In.
33—A nut-like flavor of Kellogg's ALL-BRAN. Eat at least two tablespoons daily—in chronic cases, with every meal. Ready-to-eat with milk or cream. Sprinkle it over other cereals. Fine with fruits. Kellogg's ALL-BRAN is made in London, Canada, and served by leading hotels and restaurants everywhere. Sold by all grocers. Get a package today.

THE OLD HOME TOWN—

By STANLEY



Children Cry for



Fletcher's CASTORIA

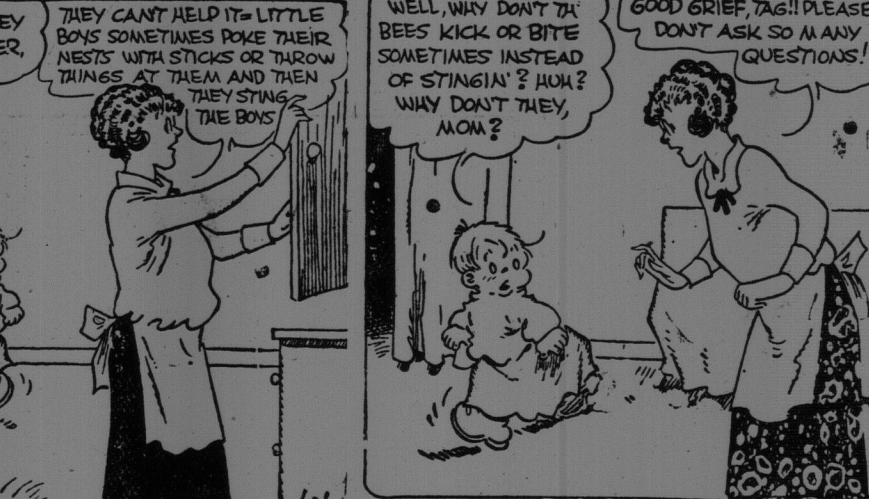
MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Absolutely Harmless—No Opium. Physicians everywhere recommend it.

FRECKLES AND HIS FRIENDS



ONE FOR MOTHER TO ANSWER



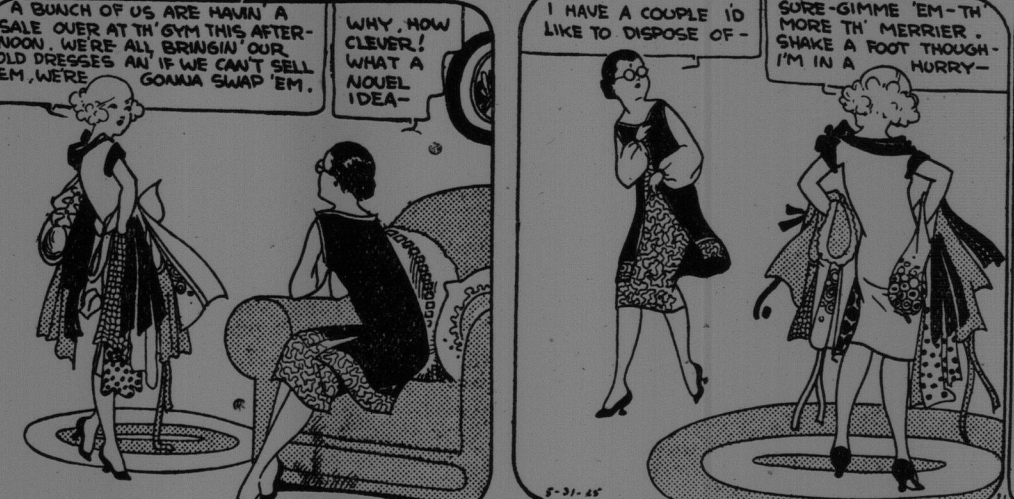
By BLOSSER



BOOTS AND HER BUDDIES



CORA IS OUT OF LUCK!



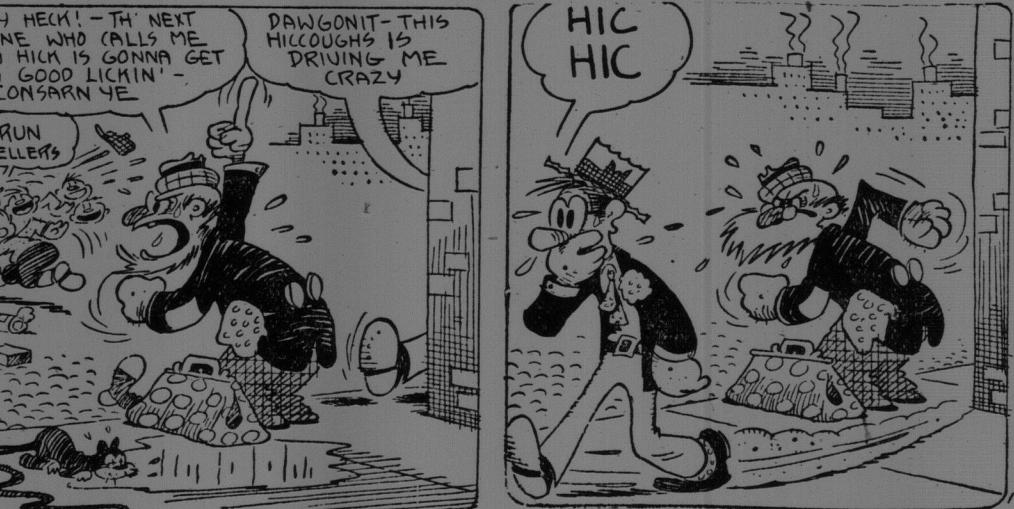
By MARTIN



SALESMAN \$AM



HEY YOU—A HIC IS NOT A HICK



By SWAN



Perhaps you are using good tea. We think "Red Rose" extra good. Won't you try it?

RED ROSE

TEA "is good tea"

The same good tea for 30 years.

SCHOOL FOR EX-ROYALTY
BERLIN, June 2.—Two sons of the former crown prince have passed their high school examinations, but their father has not decided what university they will attend. Formerly all the sons of royalty went to Bonn, but this is in the occupied area, and it is not believed he will send them there.

Constipation makes a sallow skin—drive it out with Kellogg's ALL-BRAN

Don't let constipation rack and ruin your beauty and health.

Constipation can ruin your good health. Take no chances. Drive it out—keep it out of your system. Do not let its poisons gather in your body—poisons which lead to over forty serious diseases. Unpleasant breath is a warning. So are pimples and blotchy skin.

Kellogg's ALL-BRAN brings permanent relief in the most chronic cases, if eaten regularly. It is guaranteed to do so or your grocer returns the purchase price. Only ALL-BRAN is wholly effective.

Kellogg's ALL-BRAN

Don't Bake--Here Is Butter-Nut

Some good Wives love to bake, but they would like it a lot better if they had to bake only when they find the time and inclination. That's one other about Bread baking—you never rest. Hardly is one batch done when another must be under way.

Butter-Nut Bread gets you out of your kitchen prison. And it is rich, rich, rich in foodiness and flavor.

Butter-Nut Bread