

THE EVENING TIMES-STAR, SAINT JOHN, N. B., MONDAY, AUGUST 24, 1925

# THE TIMES-STAR FEATURE PAGE

## Fables On Health

### HOW TO REDUCE BY SWIMMING

TO OBTAIN the full value of the Australian crawl in swimming, which is recommended for reducing, do as follows:  
Take two pairs of inflated water wings. Placing one pair at the waist line, lie down on them in the water, at any depth from two feet up, depending upon your ability as a swimmer.  
Take the other pair of wings in the hands, holding them by the narrow part, and stretch the body to the fullest extent from toes to hands.  
In stretching the body will be just under the water, and the person will be looking straight ahead.

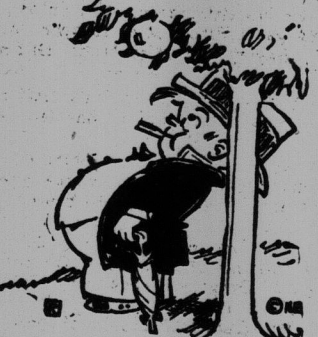
the legs just below the water level, the big toes almost touching.  
After this position is obtained one must drive oneself ahead by a very rapid up-and-down leg motion, keeping the ankles fully stretched all the time and the feet just under the water.  
The water should "bolt" at the feet. To get this result the knees should jump up and stiffen alternately.  
This leg action is a fish-tail action, though because of the shape of the feet, it is horizontal instead of vertical as in the case of a fish. Make the action as rapid as possible.  
Though very exhausting at first, a little practice will make this exercise easy—and it will bring results.

### AUTO AND CAR COLLIDE

Saturday afternoon automobile truck 3-1000, owned and driven by Warren S. Mason, of Mill Street, Kings Co., collided with street car No. 116, on Prince Edward street. The street car was badly damaged but the truck had no damage.

## LITTLE JOE

FORTUNE LAUGHS AT PEOPLE WHO SIT AROUND AND WAIT FOR IT TO SMILE



## Adventures of the Twins

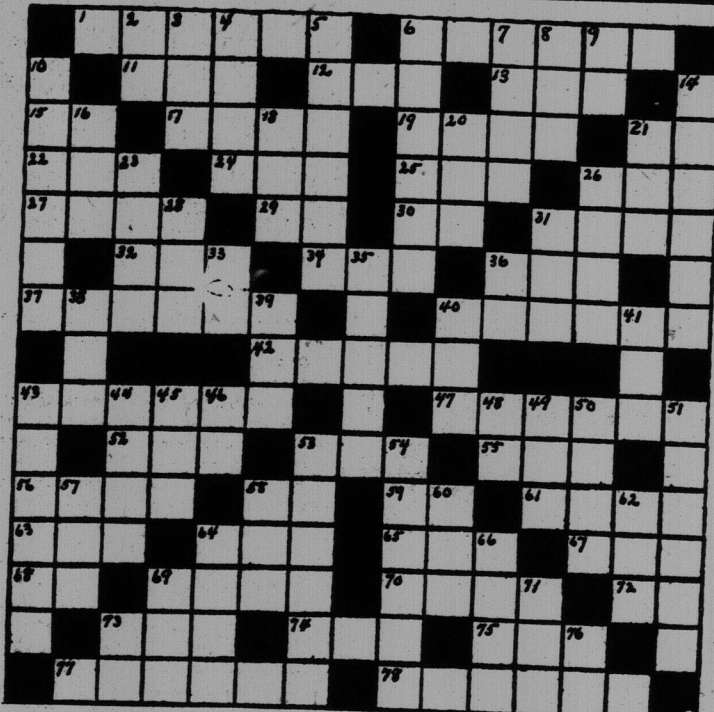
By OLIVE ROBERTS BARTON

"I will give you some advice," said Mrs. Peter to Juggie Jump and the twins. "You had better go to everybody in Daddy Gander Land and ask them to show you their button-boxes. We may find some of Papa's buttons there. I shall go to Mrs. John's house first."  
So off they went to Pippin Hill to the House-That-Jack-Built.  
Mrs. John was sitting on her front porch darning Jack's and Jill's stockings. "When they fell down the hill," she explained, "they tore their knees clear out. Where the pieces went to I don't know."  
"Why, yes, my dear, I'll look in my button box and see if any stray buttons got in," she said. "Sit down, please, everybody, while I go and get it."  
Out came Mrs. John in a few minutes with a button box as big as a drum. Then she sat down on her rocking chair and dumped the buttons all out into her lap.  
The twins pulled their chairs up close. "My, what a lot of buttons!" cried Nancy. "You have almost as many buttons as the Button Store Man."  
"Or me," said Juggie Jump proudly displaying his coat.  
Mrs. John laughed. "You would be a handy person to have around," she said. "If I ran out of buttons I should only have to cut one off you."  
"Jack and Jill must lose a lot of buttons," said Nancy.  
"La me, child!" exclaimed Mrs. John. "It isn't Jack and Jill. It's everybody in the place. I do mending for all the poor folk here who haven't anybody to do it for them. Mrs. Tweedle is sick in bed, so I am doing all the week's mending for Dum and Dee."  
"And Jack Horner and Little Tom Tucker, poor wails, would be in rags if it were not for me. As for Daddy Gander, Mother Goose doesn't stay at home long enough to put a stitch in him. 'Mother Gander' or 'Gadabout,' I'd call her."  
It was futile to talk of cutting down naval armaments in the light of events, he said. But when he was asked to express his views on Canada's "Navy" he demurred, saying that it was not his desire to talk of the Dominion's "navy" or lack of a "navy."  
"I can say this, however, that your men are remarkably keen. One of your ships, the Patriot, has been with the squadron, and the officers and men are excellent. They show a remarkably fine spirit."

## Fashion Fancies



## Cross-Word Puzzle



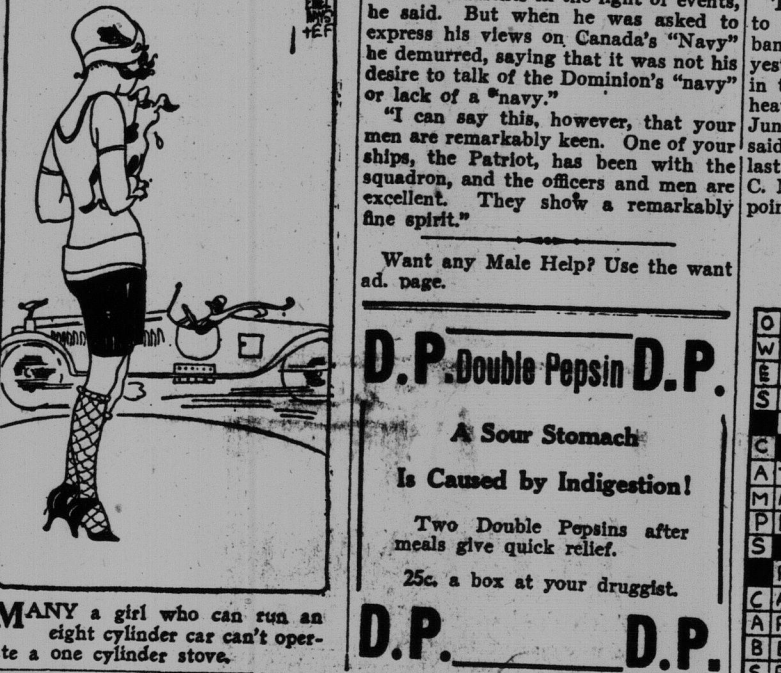
- HORIZONTAL**
- 1—Stiffen
  - 2—Sum
  - 3—A brief poem
  - 4—Fishes
  - 5—A grass
  - 6—A hole
  - 7—Sun god
  - 8—A continent
  - 9—A rodent
  - 10—Style (Fr.)
  - 11—Sutra (obs.)
  - 12—Chasten
  - 13—The clear sky
  - 14—A continent
  - 15—Sargasso
  - 16—Trouble
  - 17—An oxenman
  - 18—A notable period
  - 19—Bible (Biblical)
  - 20—Preposition
  - 21—Writing implement
  - 22—Part of "to be"
  - 23—Orbit
- VERTICAL**
- 1—Part of face
  - 2—Exclamation
  - 3—To dock
  - 4—Tree (Fr.)
  - 5—Order of amphibians
  - 6—Day of week (ab.)
  - 7—Nineteenth letter of Greek alphabet
  - 8—So (Scott.)
  - 9—Determined
  - 10—Short name for musical instrument
  - 11—Inserts
  - 12—A pointed missile
  - 13—An action (in law)
  - 14—Dexterity
  - 15—A pointed missile
  - 16—A meal
  - 17—Different ones
  - 18—Exerts mutual chemical action
  - 19—Affirmative vote
  - 20—River in Switzerland
  - 21—Sel
  - 22—Part of the body
  - 23—A fabled man-eating demon
  - 24—Waggy
  - 25—Transgression
  - 26—A relation of laughter
  - 27—Exist



Spring ties add sagless ease to the high-value, low-priced **Slumber King**

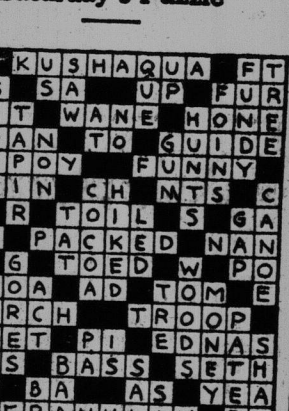
The **Slumber King** is different from any other spring of its type—and decidedly more comfortable.  
Its 26 flat strips are not only suspended by coil springs but they are joined by four rows of smaller flexible coils. That is why the **Slumber King** conforms to your body without sagging in the center—why it cushions you in unrivaled comfort. Patented design also keeps the edges trim and taut. High risers give the bed the lofty effect of a box-spring. These features are exclusive. Big production cuts the price. Your dealer can supply the **Slumber King**.

# Ostermoor BUILT FOR SLEEP BY SIMMONS



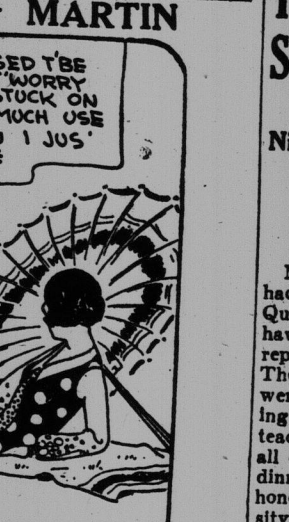
Want any Male Help? Use the want ad. page.  
**D.P. Double Pepsin D.P.**  
A Sour Stomach  
Is Caused by Indigestion!  
Two Double Pepsins after meals give quick relief.  
25c. a box at your druggist.  
**D.P. D.P.**

## Saturday's Puzzle

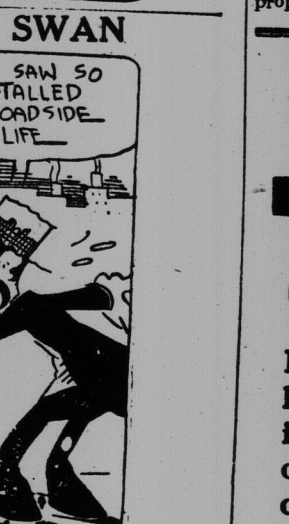


By BLOSSER  
AFTER COMING OUT OF THE ETHER, FRECKLES SPENT A RESTLESS NIGHT—  
AIS TEMPERATURE ROSE SLIGHTLY—HE IS DOING AS WELL AS CAN BE EXPECTED—  
WHAT WILL THE OUTCOME BE?  
— CONTINUED —  
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## By MARTIN



## By SWAN



## New Pie Idea

The neighborhood grocer has taken on fresh importance with the latest development in Pie.  
He has the nicest of Pie sealed inside wax paper and on a plate.  
Pie so deep in pure fruit filling it's called **PLENTIE PIE**.  
And the Crust—a dream!  
**PLENTIE PIE** costs no more than naked Pie and it contains berries in season as well as a choice of Pumpkin, Mince, Raisin, Lemon and Apple.  
Another thing in its favor—Robinson baking. Send over for a trial round.  
**Plentie Pie**

## TEACHERS FINISH SUMMER COURSES

John. The British American Hotel, of which he is now manager, was established in 1850 and has records of United Empire Loyalist patronage which are greatly prized.  
The nine students and the subjects in which they specialized follow: E. J. Alexander, who will write examinations for the B. A. degree in September, specializing in Latin and mathematics; J. Wilfrid Tait, teacher at Chatham Grammar School, specializing in geology and economics; Miss Dorothea Wilks, French and English; Miss Miriam Mahoney, mathematics and physics; Gordon Titus, English; I. Newton Fanjoy, biology and mathematics; W. F. Russell, Milford, biology and Latin; Harold Steeves, Moncton, mathematics; E. A. Skeen, Plaster Rock, chemistry.  
**FIND GLASSES.**  
The police report finding a pair of eye-glasses in a soft leather case on Charlotte street. The owner can obtain same on application at police headquarters.

## Make it your "bread"

# TRISCUIT

If you like Shredded Wheat Biscuit, you will like Triscuit, the Shredded Wheat Cracker. It is real whole wheat, not made of flour, but made of perfect whole grains of wheat. Toast it in the oven and serve it hot with butter or soft cheese.