

EVENING TIMES-STAR MAGAZINE PAGE FOR THE HOME

ADVENTURES OF THE TWINS

By Olive Roberts Barton

IN THE BAKERMANS KITCHEN.

"And now," said the bakerman in Beanstalk Land, "I shall ice this nice big birthday cake I have just made for Bouncing Billy, and put his name on it. It is in pink and green gumdrops. Never had there been so fine a cake in all Beanstalk Land!"

So he put on a kettle of sugar and water and boiled it, then whipped the whites of four eggs until they looked like a snow drift, and then he poured the hot sirup into the eggs and

beat and beat until the icing was just right. After that he stirred in vanilla and a drop or two of almond flavoring, and it was all ready to spread on the cake.

Everything he did was watched carefully by four eyes. Two of them were Nancy's and two of them were Nick's, and if you would try from now until next Christmas, you never could guess where they were.

They were on the screen door, hanging on for dear life, like two little flies. They were skipping by when they smelled all the delicious smells coming out of the giant bakerman's kitchen. So they stopped. And as a giant's screen door is as easy for children to climb, as your screen door is for flies to climb, up they went.

"Um yum!" said Nick. "I wish we could lick the bowl!"

"Look here, Nick, here's a hole," said Nancy. "Let's crawl through."

Quick as a wink they ducked through the hole in the screen door, and there they were right inside the bakerman's kitchen.

Curiosity was too much for them and they climbed up on a chair and thence onto the big table. They were just in time, for the bakerman was spreading and spreading and spreading

THE OLD HOME TOWN

By STANLEY



the thick white icing all over the cake with a great silver knife.

After that he cut the pink and green gum drops into slices and made a posy of pink flowers with green leaves. All around the edge he wrote "Bouncing Billy."

Nancy and Nick were perched up on

the edge of the icing bowl by this time, and when the last bit of gum drop was stuck on and the cake set in the window to cool, the same idea occurred to them both at the same time.

Why not lick the bowl now!

They always did at home, and there was a hundred times as much left in

this one. And it smelled so very, very tempting!

"Come on," whispered Nick, pinching Nancy's sleeve.

And as Nancy didn't have to be coaxed, the two of them jumped right down inside the bowl and began to gobble icing as though their lives depended on it.

And they ate and ate and ate until it was just too dreadful to talk about. So they crawled to the top of the bowl and gave a jump. But the bakerman had put a piece of flypaper right there! And they landed in the middle of it.

How they got off I cannot tell you, but it must have been the magic shoes. Anyway, there they were, sick inside, and all sticky outside, and in a dreadful condition.

"I don't like Beanstalk Land so very well," said Nick faintly.

"Neither do I," agreed Nancy.

But it was all because they were such pigs.

(To be continued.)

GRIPPY COLDS

During the period following colds, coughs, gripe, influenza or other prostrating illness, when your body is weakened, is the worthwhile time to prove the strength-restorative merit of

SCOTT'S EMULSION

It is the food- tonic with world-wide prestige, that strengthens and helps build up the weakened body and restore the normal balance of health. If you are run-down with Gripe—build up on Scott's Emulsion!

William R. Fraser and Company, a St. John firm, carrying on a drygoods business in Fredericton, have gone in to bankruptcy. Their store is closed. The liabilities are said to be about \$2,800.

Your Health

BY DR. CLIFFORD C. ROBINSON

COST OF COLDS.

More time is lost in working hours through colds than by any other cause. Most people suffer from one cold during the year and probably the average person is a victim two or three times.

But loss of time from colds is not all. Every time you contract a cold your resistance is lowered and you are an easier prey for other diseases. The cost to the body is greatly increased, as bronchitis, pneumonia, in fact all respiratory diseases and many rheumatic infections add to the grand total that will mean lost time later on in life.

Children of school age are also subject to great loss of time through colds. Carelessness and neglect are often to blame for this. Parents can greatly aid in cutting this down and saving the children from attacks of infectious diseases later in life.

Infections of the middle ear, mastoiditis, tonsillitis and infections of a rheumatic nature cause serious time losses which in 50 per cent. of cases may be traced back to common colds.

The minute you feel tired and aches, while chilly sensations creep up your spine, accompanied by stuffiness in the nostrils, look out for a cold. Do something at once.

A good spray carefully used two or three times within 15 or 20 minutes will usually be effective. A fresh 10 per cent. solution of argyrol will be found effective. Take a hot bath as soon as possible. Get into bed for a good sweat. The chances are your cold will be checked.

The real preventive against a common cold is the habit of keeping your body in good condition. Guard carefully against sudden chills or long-continued exposure. Whether you are strong or weak you can become a victim of the common cold if you leave yourself open to attack.

Defend yourself and your children against sudden drafts, exposure to wet and cold, insufficient clothing and any severe nervous strain, which always lowers the bodily resistance.

INSURANCE OFFICERS GUESTS AT DINNER

E. E. Reid, general manager of the home branch of the London Life Insurance Company, and J. F. Main, superintendent of agencies of the same company, both of London, Ont., arrived in the city yesterday and were the guests of honor at a dinner at the Dunlop Hotel, last night. J. Symington, who arrived about a week ago to take over the duties of manager of the local agency, presided at the dinner and there were about 28 of the agents, superintendents and members of the office staff present.

The head office of the company is in London, England, and they told of a successful year which the company has had. The dinner was a very pleasant social occasion also.

C. G. I. T. CONFERENCE

The third conference of C. G. I. T. leaders in the Y. W. C. A. cafeteria last night was largely attended. Mrs. R. G. Fulton, in continuing her Bible study talk, took up the New Testament. Miss Marjorie Trotter, Mari-time girls' work secretary, spoke on planning programmes. Members of the conference told of what had been done in their own groups. In one group after a missionary talk the members had sent post cards to Italian children in Toronto and to Chinese children in Vancouver. In another group after reading from Kipling's "Kim" the girls had played the game described in the book and in another group after being told the story of a famous picture the girls undertook to pass a trout a copy of the picture in the morning.

The last of the series of conferences will be held next Monday.

Teach your child internal cleanliness

THE mother who permits constipation in her baby or older child is risking the health, even the life of her little one.

It must be remembered that an infant is helpless, unable to tell that constipation is making its life miserable. Consequently the mother must be able to recognize signs of constipation in her baby. Convulsions, night terrors, grinding the teeth in sleep, feverishness, fretfulness and such symptoms—any of these may indicate that poisons from baby's stagnant intestine are flooding the little body.

In older children biliousness, coated tongue, loss of appetite warn the mother that constipation is present. Constipation, unchecked in youth, may lead to serious consequences. In constipation, according to intestinal specialists, lies the primary cause of more than three-quarters of all illness, including the gravest diseases of life.

Laxatives Only Aggravate Constipation

The mother should not resort to laxatives. A noted authority says that laxatives and cathartics do not overcome constipation but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Why Physicians Favor Lubrication

Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and hastens its passage through and out of the body. Thus Nujol brings internal cleanliness.

Not a Medicine

Nujol is used in children's and general hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water it is harmless.

Let your infant or child have Nujol regularly—and see rosy cheeks, clear eyes and happiness return once more.

Get rid of constipation and avoid disease by adopting the habit of internal cleanliness. Take Nujol yourself as regularly as you brush your teeth or wash your face. For sale by all druggists.

Nujol
TRADE MARK REGISTERED
For Internal Cleanliness



FRECKLES AND HIS FRIENDS—WINNING ON A HIGH COUNT



By BLOSSER

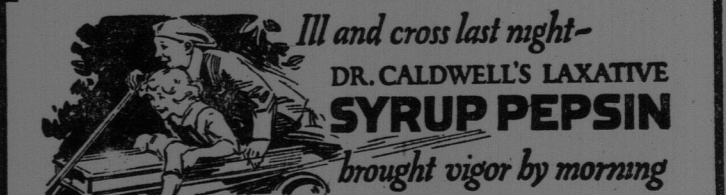
BOOTS AND HER BUDDIES—THE EARLY BIRD

By MARTIN



SALESMAN SAM—TOO EXPENSIVE

By Swan



How to Keep a Child Healthy

A GENERATION ago parents thought that sickness was a part of a child's life, but we know better now. The secret is in the food the mother allows the child to eat, and in watching that elimination occurs regularly two or three times a day.

Mrs. W. E. Margeson, Centreville, N. S., and Mrs. Pratt, 45 Gillson Ave., Runnymede, Toronto, always keep a bottle of Dr. Caldwell's Laxative Syrup Pepsin in the house, ready for use, and avoid many of the ills to which children are subject.

A Substitute for Physics
Dr. Caldwell's Laxative Syrup Pepsin is a scientific compound of Egyptian senna with pepsin and suitable aromatics. The formula is on every package. You will find you do not have to force children to take it, and it is much better for them than castor oil, calomel or coal-tar drugs like phenolphthalein even if covered with sugar or chocolate. Laxative Syrup Pepsin is mild and gentle in action and your child will have an easy passage without griping or strain. It does not contain narcotics, and

you can give it with absolute safety to an infant at the breast.

"Magic" in a Teaspoonful
Every store that sells medicines sells Dr. Caldwell's Laxative Syrup Pepsin, and the cost is less than a cent a dose. Give half a teaspoonful to any ailing baby or child at night when you put it to bed and you will find a happy, laughing youngster in the morning. Take Laxative Syrup Pepsin yourself when constipated, and give it to any member of the family young or old, for any ailment due to constipation, such as biliousness, headache, lack of appetite, sleeplessness, bad breath, cankers, fever sores, indigestion, and to break up fevers and colds. Stop that first sneeze or sniffle and you will have a healthy winter.

Not more than one free trial bottle to a family

Four out of Five have Pyorrhea

Dental statistics tell the story—four people out of every five past 40, and thousands younger, have Pyorrhea. Apply the "ounce of prevention" before Nature warns with bleeding gums. Go to your dentist regularly and use Forhan's daily.

More than a tooth paste—it checks Pyorrhea
35c and 60c in tubes

Forhan's
FOR THE GUMS
Forhan's, Limited, Montreal

