

THE EVENING TIMES-STAR, SAINT JOHN, N. B., THURSDAY, JULY 30, 1925

THE TIMES-STAR FEATURE PAGE

Fables On Health

BE SURE TO GET ENOUGH SLEEP

To keep a healthy body one must have proper sleep.

For the purpose of sleep is to recuperate, renew and renovate our bodily forces, so as to restore them to normal tone as much as possible.

Relaxation of the tense muscles and rest of brain and nerve cells are nature's intent by means of sleep.

An infant during its first six months should sleep about twenty hours daily.

Between this and the fourth year, fourteen hours is abundant, while between the fourth and ninth year, time should be reduced to twelve hours or less.

Between the age of fifteen and seventeen years ten hours' sleep is considered essential. After this, during life, eight hours' sleep is almost universally considered as the

LITTLE JOE

SOME FOLKS CAN WORRY JUST BECAUSE THEY REALLY HAVEN'T ANYTHING TO WORRY ABOUT.



safe period that may be devoted to slumber daily.

Too much sleep is injurious, for sleep means inactivity, and inactivity enfeebls.

"With the object of becoming a naturalized citizen, one Jacob Provinsky filled out a naturalization form.

Three of the questions he answered thus:

"Name—Joseph Provinsky.
"Born—Yes.
"Business—Rotten."

MUDD CENTER FOLKS



POP'S STUBBORN ATTITUDE ABOUT ATTENDING MYRA DOOLITTLE'S SHOWER PARTY HAS AT LAST BEEN EXPLAINED. HE REFUSED TO GO WITH MA SLOPE BECAUSE A NEW RAIN-COAT AND UMBRELLA WOULD MAKE THE EVENING'S ENTERTAINMENT TOO EXPENSIVE.

Adventures of the Twins

By OLIVE ROBERTS BARTON.
THE JULY POLE.

"Now I shall introduce you to everybody," said Tassy the Lion to the Twins, when they reached the May Pole—mean the July Pole—in the Land of Wonders.

The Twins got off the lion's back and taking each one by the hand, the lion took them around.

"There's a queen, you know," said he. "She should be called the Queen-of-the-May, but as we are late starting she is called the Queen-of-the-July. If you notice anything odd about anything, I just wouldn't let on."

But just the same everybody knew that he didn't know and he knew that they knew that he didn't know.

The "Tit-Mouse" whispered to the Match Seller, and the Match Seller whispered to the General, and the General whispered to the Goose Girl, and the Goose Girl said to the Cat, "Deep what?"

"I know," said Nick. "It's the deep sea."

"He said it!" roared the lion. "The forbidden word! He said it!"

"He said it," shouted everybody. "On to jail with him."

"Turn the key twice," said the July Queen, still rocking.

"Not so fast! Not so fast!" bleated the Black Sheep suddenly. "I'm the wisest here being clothed in sheepskin. There are two kinds of sea. We'll have a trial."

To Be Continued.



JAEGER Pure Wool

SIFTS SAND FOR RING

NEW YORK, July 29.—The story of the finding of a needle in a haystack had a parallel in the finding of a wedding ring in the sands of Long Beach after it had been lost for a day.

Mrs. Grant Willyoung, a member of the Public Service Health Corps of Springfield, Ohio, lost the ring. Accompanied by her husband and Louis Steinmetz, she went to the beach and began to sift the sand with very fine sifters. After several hours they found the ring.

Fashion Fancies



By Marie Belmont

GEORGETTE of the delightful shell-pink tint is the material used for this simple afternoon dress. Shell-pink, by the way, has attained widespread popularity for the mid-summer dress.

Rose colored velvet ribbon of the very narrow variety is used for the binding. The long sleeves are tied in at the wrists with this velvet ribbon, and the collar and jabot are edged with it. A double row of pearl buttons trims the jabot, and there is an inverted pleat arrangement at the front.

The same model is most attractive in black or navy blue for street wear.

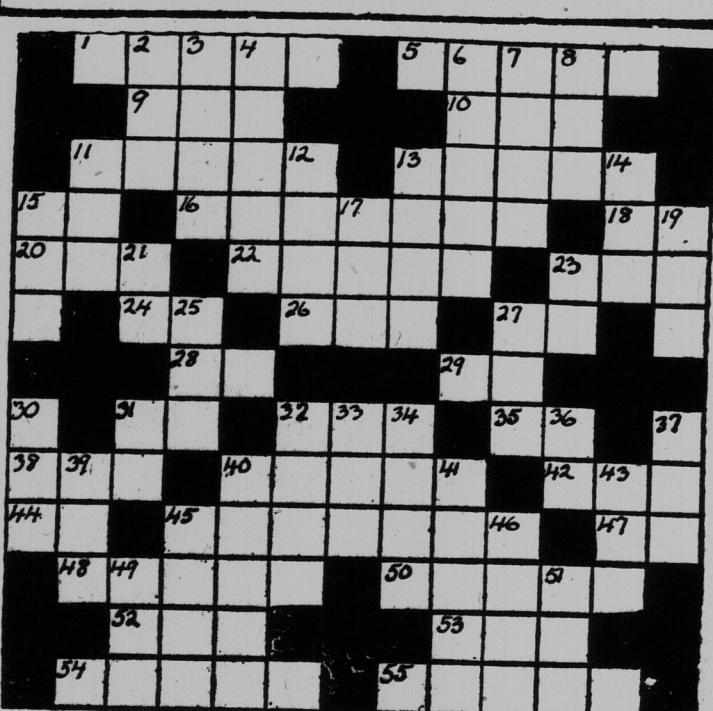
He Has No Friends.

An Atlantic City man, says an exchange, seeks in court to vindicate his right or privilege to snore. He was assaulted by a neighbor driven to desperation by his nasal discords night after night. It is a harsh world, and he may have to choose between wearing a silencer or moving to the wilderness.

Yesterday's Puzzle

SLAG ASHEN CAZE
CUR EXHALES FILL
ARE THE ITS DAM
REAM SANDS BARS
S A B T E M A E
E A D I N G L A M
VENER D R A M B L E
I R E M U D R U B O I L
C E N S U S R U P E D I C
T I O S T U R I T I E S
S P I A I O A M O
S A G S M I N D S S O F T
E T A M I D F E A T E
S A T B I C I A L A T I O N
K N O T S L E E T I S M T

Cross-Word Puzzle



HORIZONTAL.
1—Small donkey.
2—Swift.
3—An idol.
4—To treat.
5—An idol.
6—Pertaining to punishment.
7—Secret.
8—Parent.
9—Journey.
10—Article.
11—Containing metal.
12—To breathe noisily.
13—Fear.
14—Deception.
15—Female sheep.
16—I would (Cont.).
17—Adornment.
18—Either.
19—Pronoun.
20—Several.
21—Editor (ab.).
22—A long time.
23—District.

VERTICAL.
24—Employ.
25—A stunted person.
26—Active, nimble.
27—Seed coverings.
28—Famous American jurist.
29—Normal.
30—A narrow path.
31—At this place.

32—Propeller.
33—Treasurer (ab.).
34—Rejection.
35—Near.
36—Dull.
37—Baffle.
38—Suffer meaning act of.
39—Summons.
40—Ridge of glacial gravel.
41—Mind.
42—A flute-like instrument.
43—Intellectual.
44—Act.
45—Endeavor.
46—Metal, native state.
47—A shell.
48—Narrative.
49—Lincoln's nickname.
50—Part of verb "to be".
51—A bird.
52—A beverage.

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Made in Black, Tan, Toney Red and Dark Brown.
Also White Dressing (solid) and White Cleaner (liquid).

"NUGGET" Shoe Polish

First Lady:
I wonder how it is I can't get a shine on my shoes like these they show in the stores.

Second Lady:
Oh, there's no secret about that, my dear. They use "Nugget." I've always used it because I find it gives a brighter and more lasting shine than any other.

FRECKLES AND HIS FRIENDS



AN UNEXPECTED TURN



By BLOSSER



BOOTS AND HER BUDDIES



THAT'S ALL THERE IS TO IT



By MARTIN



SALESMAN SAM



LUCKY AT CARDS— UNLUCKY AT BUSINESS



By SWAN

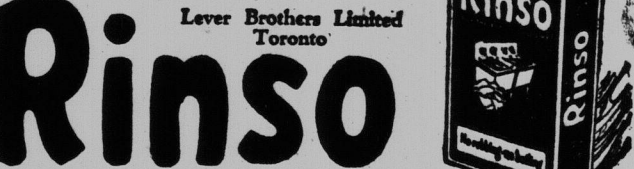


Sheets soak themselves snowy white in Rinso

One of the hardest tasks on washday used to be the washing of big, heavy sheets. You had to rub and rub away at the sheets and afterwards you were so tired that the rest of the day was spoilt for you.

Today, no more of that back-breaking labour is necessary. Just let the Rinso soap-suds do this work for you! It soaks dirt right out. Rinso dissolves instantly and completely in boiling water.

Always use sufficient Rinso to get a lasting suds after the clothes are put to soak.



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The good things of life belong to those who keep physically fit. Slight imperfections often spell disaster.

Eystrain means brain and body strain. Avoid it through intelligent care of your eyes.

An accurate eye examination, at regular intervals, is an assurance of keen, comfortable vision.

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