

THE TIMES-STAR FEATURE PAGE

Fables On Health

JIGGS' PET DISH IS RULED OUT

CORNED BEEF and cabbage, a popular dish, especially with the comic strip men, is a very poor combination.

Because the cabbage is cooked with the fatty meat juices is extremely difficult to digest. Cabbage properly cooked is delicious, and a food to be set before a king. But often it is the victim of bad cooking.

Cabbage is best in the raw state. It is easier to digest and also the oils and vitamins are not destroyed. So far as proteins, fats, and carbohydrates are concerned, cabbage is worth very little.

Its great value as a food lies in its ability to supply bulk to the intestines, for the indigestible residue acts as a stimulus to intestinal movement and helps in correcting constipation.

Cabbage is rich in sulphur and hydrogen. When cabbage is cooked these are driven out. That is

LITTLE JOE

IT'S ALL RIGHT TO HAVE THE ANNUAL SUMMER CANNING SEASON IF IT DOESN'T EFFECT LABOR.



where the odor from cooking cabbage comes from. For this reason alone cabbage should not be cooked.

LINGERIE COLLARS

White crepe or lingerie collars and cuffs are featured on plain blue and black frocks. The jabot, too, is universally liked.

WHITE AND BLACK

Among the most popular lingerie of the moment is that of white georgette crepe trimmed with black chantilly lace.

Adventures of the Twins

By OLIVE ROBERTS BARTON.

THE MAGIC JARS.

"Let me see," said Mi O' Mi, the Story Teller Man. "Where did I stop?" "Don't you remember?" cried Nancy excitedly. "You were telling about Toby hiding in the pixie's cave and about the two kinds of oil."

"So I was!" declared Mi O' Mi, jingling his bells. "Toby was hiding and learning their secret about becoming invisible. They used one kind of oil to rub on so no one could see them, and when they returned they used another kind of oil so they could be seen again."

"Then what did Toby do?" asked Nick.

"Well, he heard the pixie leader say that the two jars of magic oil were almost empty, and ordered Sharp Ears to go to the magician at dawn and get them filled."

"He kept very quiet while the pixie dropped the big ring of bologna that had stolen from the butcher into a pot of boiling water, and when it was hot, he took it out and ate it with bread they had stolen from the baker the day before."

"After that they all curled up on the floor and went to sleep."

"Toby tiptoed quietly out of the cave, stepping carefully so as not to touch the sleeping pixies."

FLAPPER FANNY



IT'S easy to "spot" a clean tablecloth.

Story Teller Man. "When Toby got to the magician's house, the magician was just getting dressed. It was five minutes before dawn. Toby went on the door. 'Who is there?' called the magician. 'It's Sharp Ears,' called Toby through the key hole. I came for more magic oil for the pixies."

"Come in," said the magician.

"So Toby walked in."

"Where are you?" asked the other sharply, for he could see no one.

"Here," said Toby. "I rubbed myself with a bit of the invisible oil that was left, just for fun, then there wasn't any of the other kind to rub on afterwards."

"The magician laughed. 'All right,' said he. 'Just wait till I brush my hair and I'll fill your jars out of my magic barrels.'

"In about two shakes Toby had the oil jars safely filled and was gone."

"Pretty soon he met Sharp Ears trudging along and yawning. The little pixie wasn't half awake."

"Here Sharp Ears! Here's your oil," called Toby setting the jars on the ground before him.

"Who are you?" asked Sharp Ears sharply, trying to see who it was.

"But Toby was careful not to let any of the Visible Oil touch him. Away he ran."

"But although the jars looked all right to Sharp Ears and he picked them up and carried them back to the cave (thankful that he had been saved so long a trip) they were not all right at all."

"For Toby had changed the labels. The invisible oil and the visible oil were in the wrong jars."

"Ah ha!" said Toby. "Now then, to night we shall see what will happen."

To Be Continued.

BROCADED LACE

Brocaded or beaded lace is very much liked for evening wraps, it gives the sumptuous rich appearance that is so desirable.

Admonitory.

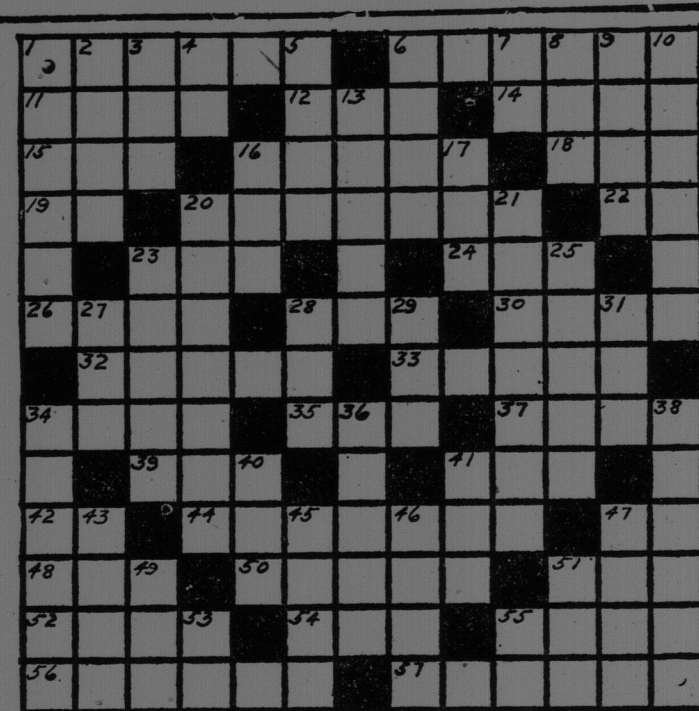
Someone has said: "In private, watch your thoughts; in family, watch your temper; in company, watch your tongue." We take the liberty of adding: "In your daily walk in life, watch your step!"

Wear Necklace Down the Back



If you draw a V from shoulder line to waistline, and then scoop out the material inside the V you uncover quite an expanse of back. If this bothers you at all, follow the plan of Carmel Myers and wear one of the new back necklaces of diamonds and pearls—just like the pendant effects that were once worn down the front. It breaks up the dead white of the shoulders and offers some explanation for the cut of the frock. Really, it's a very smart thing to do these days.

Cross-Word Puzzle



- ACROSS.**
- Chalk.
 - Barrier.
 - Violent anger.
 - Primate.
 - Elect.
 - Affirmative vote.
 - Diminutive.
 - Letter of the Greek alphabet.
 - Written document (abbr.).
 - Formed with letters.
 - City of ancient Chaldea.
 - Minute mark.
 - Important quarrel.
 - Strong caustic alkaline solution.
 - Numerous.
 - Expunge.
 - Imbecile.
 - Aquatic bird related to the goose.
 - That which is done.
 - Memorandum.
 - Cease to partake of existence.
 - Product of electrical decomposition.
- DOWN.**
- Restricts or confines.
 - Beams.
 - Duration of existence.
 - Pronoun (ancient form).
 - That by which anything known.
 - Cut down.
 - Negative substance.
 - Sever.
 - Edon.
 - Stanch.
 - A form of paralysis.
 - Secret agent.
 - Guided.
 - Pertaining to the devil.
 - Masquerade costume (plural).
 - Practical unit of electrical capacity.
 - Claw.
 - Church seat.
 - Meadow.
 - Corrode.
 - A snare.
 - Material used for stiffening linen.
 - Skeletons of various sea animals.
 - Repeated.
 - Measure of length.
 - Possessive pronoun.
 - Character in Ibsen's "A Doll's House."
 - Immeasurable period of time.
 - Concludes.
 - Military assistant.
 - Product of the distillation of organic substances.
 - Edon.
 - A degree.
 - Egyptian sun god.

THE OLD HOME TOWN

—By STANLEY



THE QUARTET AT WATSON'S SHOP HAD SOME REAL COMPETITION TODAY WHEN HOP TANNER CAME ALONG WITH HIS HUNTING DOGS

The Sure Shield

Don't worry—be protected

Get protection while you can and you'll save a lot of worry when you can't.

A Dominion Life Policy will protect you from worry, your family from care.

Established 1889

THE DOMINION LIFE ASSURANCE COMPANY

Head Office: WATERLOO, Ontario

ROMAN MEAL

Cools the Blood

Saturday's Puzzle.

FEARLESS FIDO SEZ—

Here lies the body of Joseph Mc-Silver. Who tried lighting his pipe while driving a flivver.

AN' THAT'S THAT FOR TODAY.

For that sunburn you got while in the country, there is nothing as good as our Almond Cream or Cold Cream, which we are selling for 35c.

Don't forget that we give free films with cameras.

We carry a complete line of Cameras from \$2.05 up; also we have a 24 HOUR DEVELOPING SERVICE.

DRISCOLLS

"From Your Own Home Town."

202 UNION ST.

FRECKLES AND HIS FRIENDS



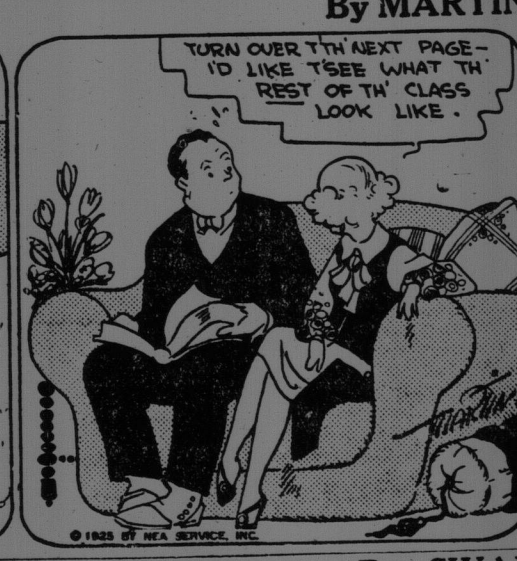
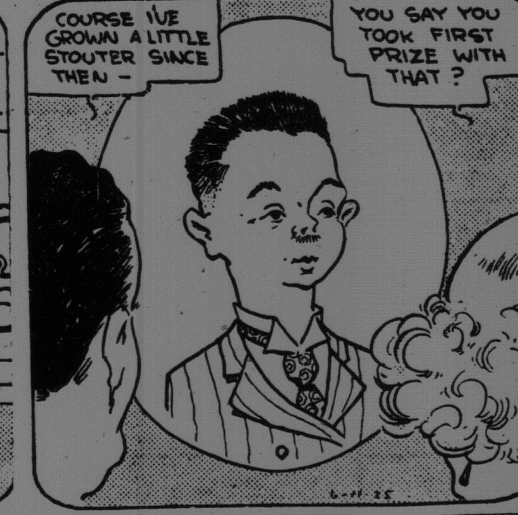
ONE DEVELOPED FEATURE



BOOTS AND HER BUDDIES



OUCH!

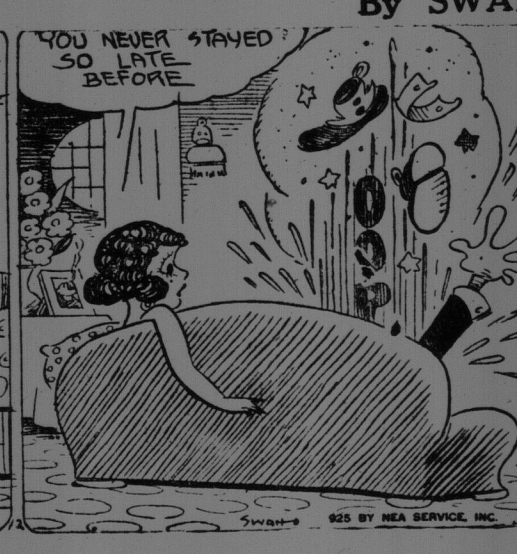


By MARTIN

SALESMAN SAM



EVEN THEN SAM DIDN'T GET THE HINT



By SWAN

"I Can't Go -- I Must Set Bread"

It is surprising the extra invitations one gets when folks know you have more afternoons and evenings to spare.

Butter-Nut Bread does more than provide you an always ready loaf made from the richest and most nourishing of all recipes. It lets you live more and sustains life more.

Butter-Nut Bread

