

## Fashion Will Force You to Exercise For Shapely Arms and Shoulders

The sleeveless costume has evidently come to stay for a while so we may as well prepare for it. We are no longer concerned with a padded arm under flattering draperies or non-committal long sleeves. They must be reduced—or developed as the case may be—and beautified if we wish them to be attractive with the fashionable frocks.

It is difficult to reduce the arm perceptibly without reducing the weight considerably, but there are several effective exercises that reduce the shoulders and keep little pads of fat from appearing beneath the arm.

One way is to stand erect with the arms outstretched at right angles with the body. Then raise the arms upward, pulling upon them as though you had a heavy weight on each arm.

Another one that is very reducing is to throw the arms straight out in front of you and describe circles with them, first to the right and then to the left.

The best all-round exercise I know for shoulders, arms and waist muscles is the scythe exercise—you remember how the farmer cuts his tall grass with swinging strokes?

Of course you haven't a scythe, but you can get a broomstick, I'm sure. Grasp it with each hand about a foot apart, dividing the space of the stick into thirds. With the feet well apart, start with the stick high on the left side, sweep down just scraping the floor with the broomstick and come up high on the right side.

You won't care to do this many times the first day if you do it with the force you should. But increase the number from time to time. Besides beautifying your shoulders and upper arms, you are squeezing your liver in a way that is beneficial for it as it will keep functioning as it should.

At Housework.

And when you are using the broomstick in its other position—in the corner of your housework—try to put rhythm and grace into your strokes and make



THE THREE POSITIONS OF THE SCYTHE EXERCISE.

a beauty exercise out of a necessary or reduced with the idea of beauty and grace rather than of muscle.

For training the arms to be graceful nothing is more effective than the arm technique taught in the study of the ballet.

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## Cat and Canary Go; \$100 For the Finder

Mayor Rizzo of Mulberry Street Mourns Thomas and Nellie.

New York, Aug. 24.—Mr. Bryan was right and those evolutionists were wrong. Look at all the trouble that's happened whenever different kinds just first or even carry on Platonic friendships. There were Eve and that snake, for instance. There were Jonah and the whale. Look at all the trouble British peers got into when they marry actresses. Anybody knows how the shrike can be pinched when done young he begins to cast looks at the beautiful sewing machine girl. In fact, just look at the music of the spheres. You be a cat and she was a canary, out it was all over.

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## DINNER WARE Stock Patterns

From which you can select complete sets or single pieces as required.

A complete line now on display showing a large variety of designs and colorings.

O. H. WARWICK CO., Ltd., 78-82 King St.

At last, only his flat has got awful claws on it and when he saw the blood which he just forgot everything except that he was a cat and she was a canary, out it was all over.

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## BUSINESS LOCALS

Children's referees for \$3.75 at Bassett's, Cor. Union and Sydney Sts. 8-26

Dollar Day prices good for the rest of the week at Bassett's, Cor. Union and Sydney Sts. 8-26

Men's good working shirts for 79c at Bassett's, Cor. Union and Sydney Sts. 8-26

Ladies' silk hose, all colors, dollar week price, 89c. At Bassett's, Cor. Union and Sydney Sts. 8-26

Unger's Laundry, Ltd., mend socks and stockings, table linens, etc., and sew on buttons free of charge—Phone Main 58.

Orchestra, Green Acres Pavilion, Belyea's Point, Saturday, Aug. 25. 24600—8-27

THE "IRRESISTIBLE RITZ" DANCING TONIGHT. A good time?—You tell 'em. 24659—8-27

BASKET PICNIC FOR MEMBERS AND FRIENDS, Saturday afternoon at the summer home of L. A. Belyea, Ketchikan. Bring your basket and enjoy an afternoon in the country. Train leaves 1.15. 24699—8-27

A COSY NOOK. When the wind blows raw and you get chilled through, run your car in where The Goose Hangs High on the Gondola Point Road, and enjoy your afternoon tea in the sheltered sunny tea room. 24617—8-28

FORESAHDOWS AIR LINE ROUND WORLD. London, Aug. 6.—(A. P. by mail)—An Imperial air line stretching out to India and the Far East, and eventually encircling the earth, is foreseen by the Duke of Sutherland, the Secretary for Air in the British Government. This airship scheme, upon which the cabinet is expected to give a decision soon, is a far-reaching one, says the duke, and it may be possible soon to fly to India in 72 hours.

The new British Home Defense Air Force, the under-secretary said, would consist of not fewer than 500 airplanes. The purpose of this force would be to protect Britain against air attack by stronger air forces within striking distance of this country.

"This is the only way to insure peace," said the duke. "I don't wish anyone to think I am accusing any of our great and friendly neighbors of wishing us ill."

The under-secretary said great extensions and improvements were now being considered, especially in regard to the amalgamation of the various companies concerned in civil aviation and the employment of large sums of private capital, which he believed was the only way of attaining eventually commercial success without government assistance.

A butterfly's eye has been adapted as a photographic lens by an Austrian scientist.

for over eighty years has relied upon Gouraud's Oriental Cream to keep the skin and complexion in perfect condition to the stress of the season's activities. White Fleck-Rack. Sent 10c for Trial Size.

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## HEALTH HINTS FOR MEAL TIME

Eat Vegetables Wisely, But You Need Not Be a Vegetarian

(L. F. Burrows, Secretary, Canadian Horticultural Council)

Comparatively recent is the addition of the word "Vitamin" to our vocabulary, and even though the use of the word is now common, its meaning is not yet understood. Physicians have long recognized the value of vegetables in the daily diet, and we are now told that this value lies largely in the fact that they contain vitamins, and that vitamins are necessary to life.

Three distinct kinds of vitamins have been named "A," "B," and "C." Vitamin "A" is a mysterious element in food, without which children cannot grow, and without which adults also need. Shortage of vitamin "A" leads to disease of the eye, skin, and kidneys; and it may cause bad teeth, diarrhoea, and other ailments. As a rule, seeds of all kinds are rather deficient in vitamin "A," although green peas contain appreciable amounts. Leafy plants, on the other hand, are valuable sources of this vitamin. Spinach and chard are probably the richest of the common leafy foods in this element, lettuce ranks next, with cabbage holding third place.

The roots and tubers vary, sweet potatoes and carrots ranking first, while white and Irish potatoes contain but a small amount, and it is doubtful if beets, rutabagas and parsnips contain appreciable amounts. Tomatoes, however, are very rich in vitamin "A," and Hubbard squash is also a valuable source. A little work has been done on the fruits but there is evidence that apples, bananas and oranges contain small amounts of this vitamin.

Vitamin "B" is guardian of good digestion and proper functioning of the liver and other glands. This vitamin is found in the germ and bran portion of cereals. In the milling of wheat, however, this vitamin is completely removed, that the best grades of flour are entirely lacking. This does not mean that we should condemn white bread, but it merely means that we must choose our foods intelligently and eat more vegetables.

Potatoes, sweet and white, contain appreciable amounts of vitamin "B," although the turnip and onion are more valuable in this regard. The beet root contains a fair amount although it is less apparent to be much richer. This vitamin is also found in the tomato, cabbage, spinach, lettuce parsnip, and the lowly dandelion, the tomato being especially valuable.

While many fruits have not been studied, it is probably safe to state that most fruit juices contain appreciable amounts of vitamin "B." It is likely that this vitamin is in such small amounts that it has been studied only in appreciable amounts.

Vitamin "C" prevents disease and promotes the general health. Lack of it gives the skin a bad color and makes the heart weak. It has long been known that lemons, limes, oranges, and fresh fruits are curative in scurvy. It has only been in recent years that we have understood that this curative effect was due to vitamin "C." While oranges have been used for a number of years in the treatment of infantile scurvy, it is only recently that it has become the common practice to supply orange juice to infants as part of the regular feeding practice.

The juice of canned tomatoes seems to be very satisfactory for this purpose, indicating that the canning process is not particularly destructive as far as vitamin "C" is concerned. Berries are known to have curative properties, although little investigation work has been done.

The Swedish turnip or rutabaga is very valuable as a source of vitamin "C" and the same is true of the carrot. Young carrots are apparently more valuable than old carrots and this appears to be true for many vegetables. It is probably safe to state that the vitamin content of vegetables is highest at the time that

the vegetable is most prized from the standpoint of tenderness and taste. Potatoes, onions and parsnips, lettuce and cauliflower must also be included in the list, while cabbage is one of the best sources of vitamin "C" that we have. Tomatoes have the three kinds of vitamins necessary to human health. Most vegetables have one or two but seldom all three.

It is probably best to eat our fruits and vegetables in the fresh form when it is possible to do so. There is little, however, to be feared from the usual methods of canning and cooking. If we eat a sufficient amount of vegetables and fruits throughout the year, it will not matter if a small percentage of the vitamins are destroyed in the cooking process. As a rule, long continued heating or cooking is considered undesirable, and air should be excluded as far as possible.

It is not necessary that we be vegetarians. We should be reasonable and sensible and not fastidious. Every diet, especially that of growing children, should contain milk, butter, eggs, fresh vegetables, and fresh fruits if we expect to obtain the best results.

Various fruit and vegetable canning recipe books have been issued from time to time, but the best that has recently come to my attention is that issued by the Fruit Branch of the Dominion Department of Agriculture. These booklets contain recipes which have been thoroughly tested, are practical and economical. They may be had free upon application to the Fruit Commissioner, Department of Agriculture, Ottawa.

NUMEROUS REFORMS ADOPTED BY MODERN ENGLISH PRISON