

THE TIMES-STAR FEATURE PAGE

Fables On Health

ABUSE OF SWEETS DANGEROUS
ONE HUNDRED years ago the consumption of sugar was only about 11 pounds per person. Mrs. Mann learned in her study of sweets.
Today the annual consumption has reached 66 pounds per person, and the price is going up all the time.
In European countries less than one-third of this amount is consumed.
"The abuse of sweets is the best-selling dietetic sin," Mrs. Mann quoted.
Much of this sugar is consumed in the form of candy. Mothers give their children candy when they should give them a plain nutritious food.
Craving for sweets is acquired in this way, and the child, after he has grown up, continues eating candy, making his coffee half sugar and refusing to eat fruits if they are not sweetened to the limit.

LITTLE JOE

ALL WORK AND NO PLAY MAKES JACK A LOT OF JACK



The body requires a certain amount of sugar in some form. But it is better to take more of this sugar in the form of its natural state in fruits and certain vegetables.
Cane sugar is somewhat irritating to the digestive tract. It easily undergoes fermentation when the digestion is impaired, thus causing the formation of gas.
In printed chiffons the black background with highly colored flowers is often seen.

Adventures of the Twins

By OLIVE ROBERTS BARTON

Snitcher Snatch led Mister Whizz and the Twins a merry chase. By the time they had jumped into their tiny aeroplane to follow him, he was leagues and leagues away. You have no idea how fast a goblin can travel, once he gets started. But finally they caught up—Nancy and Nick and Mister Whizz did—just as the little rascal was going into a photograph gallery. A photograph gallery is a place where you get your picture taken.
"I'll just park my aeroplane in this vacant lot across the street," said Mister Whizz. "Then we'll follow him. I can't imagine what he is going into a photograph gallery for. He isn't so handsome that anyone would want his picture, unless maybe it might be his mother or some of his relations. I'm sure that I should not give it room on my mantelpiece." Nancy laughed. "Poor Snitcher Snatch," she said. "His nose is so long I don't believe the photograph man could get it all in the picture."
"No," agreed Mister Whizz. "He'd have to do like they do in stories, sometimes, and if the first card

They all got out of the aeroplane as fast as they could and followed the bad little goblin into the photograph gallery.

The front room had a velvet carpet on the floor, and nice comfortable chairs all about, and dozens of pictures on the walls.
But no one was there—no sign of the person they were after, at least. "We'll just take a peep in here," said Mister Whizz, going to a doorway and beckoning to the children to follow.

They pulled the curtain aside just in time to see a most interesting thing. The photograph man had his head under a black cloth behind a camera, and a lady was sitting on a chair before it, trying to look as pleasant as possible.
"Now don't move until I count up to five," said the photograph man. "Just keep on looking at that little bird, and stay the way I fixed you. One, two, three—" he started to count slowly.

At that minute a little figure on top of a screen behind the lady's back, blew something out of his hand and the lady wrinkled up her face something awful.
"Hey there! That won't do! Stay the way I fixed you. Smile!" said the photograph man. "I—I'm trying," said the lady. "But I have to—ahcho! Ahcho! There, I'm all right now."
"Then we'll try again," said the photograph man getting behind his clock again. "Look at the little bird, please. One, two, three, four—" "Ahcho!" went the lady again, quite suddenly.
For again the little goblin had blown some more snuff right at her. "My goodness alive!" said the photograph man crossly. "You

A Chic Tam Of Straw



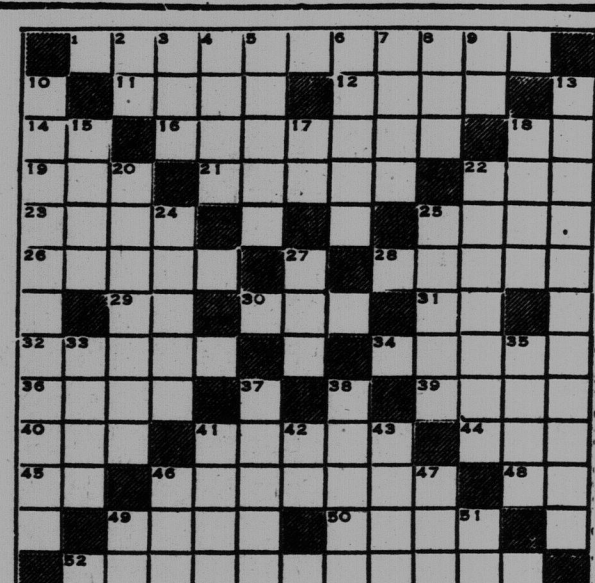
THIS very becoming and very chic hat is really a tam of black milan straw with a band of black shoe polish ribbon. It is a delightful change from the narrow brimmed model, but it is still small and close and very tailored in appearance.

BUTTONHOLE NOVELTY
Chiffon flowers are the latest novelty for the buttonhole. They come in the most delightfully soft, pastel colors.

COLORED LACE SMART
Colored lace frocks trimmed with chiffon or crepe of the same shade are very smart.

VERY WIDE SKIRTS
Some of the newest black lace gowns have very wide skirts, plain bodices and draped sashes.

Cross-Word Puzzle



HORIZONTAL

- 1—Bright, smart.
- 11—Moral obligation.
- 12—Worries.
- 13—Man's name (ab.).
- 14—Canadian city.
- 15—Rider (ab.).
- 16—Policeman (slang).
- 17—A number (plural).
- 18—A small bird.
- 19—Excrement in grain.
- 20—Extols.
- 21—A unit.
- 22—Part of verb "to be."
- 23—Sycophant.
- 24—Extreme (used as a prefix).
- 25—Nervous.
- 26—Chatterbox.
- 27—Not to.
- 28—A girl's name.

VERTICAL

- 4—Color.
- 5—Same as 9 Vertical.
- 6—Sire (plural).
- 7—According to nature.
- 8—Latin (ab.).
- 9—Silent.
- 10—A minute particle.
- 29—A likeness.
- 30—A number (plural).
- 31—A popular beverage.
- 32—Wander.
- 33—A small bird.
- 34—Excrement in grain.
- 35—Extols.
- 36—A unit.
- 37—Part of verb "to be."
- 38—Sycophant.
- 39—Extreme (used as a prefix).
- 40—Nervous.
- 41—Chatterbox.
- 42—Not to.
- 43—A girl's name.

Clear

- 15—A means of entrance.
- 16—Up.
- 17—Upon.
- 18—A plant origin.
- 19—Pompous show.
- 20—Ruled upon.
- 21—Temper of mind (plural).
- 22—Also.
- 23—A burden of responsibility.
- 24—A seraglio.
- 25—Ultimate.
- 26—Companion.
- 27—Regarding (ab.).
- 28—A girl's name.
- 29—Matter secreted from pores.
- 30—Male offspring.
- 31—Personal pronoun.
- 32—A military decoration (ab.).

THE OLD HOME TOWN

By STANLEY



THE BOYS AT THE STATION WERE UNSUCCESSFUL IN THEIR ATTEMPT TO TAKE THE KINK OUT OF STATION AGENT DAD KEYES WHISKERS THAT WERE BADLY BENT WHEN CAUGHT IN A DOOR RECENTLY (CONTINUED) 5-A-28

Children Cry for



Fletcher's CASTORIA
MOTHER—Fletcher's Castoria is especially prepared to relieve infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.
To avoid imitations, always look for the signature of *Dr. J. C. Fletcher* Absolutely Harmless—No Opiates. Physicians everywhere recommend it.

BLACKHEADS

Blackheads go quickly by a simple method that just dissolves them. Get a tin of *Blackheads* powder from your druggist, rub this with a hot, wet cloth briefly over the blackheads—and you will wonder where they have gone.
should have gone to the doctor's office instead of coming here." "Let's catch him now," whispered Nick—meaning the goblin. "No—wait," said Mister Whizz. "Something more is going to happen."
To Be Continued.

Yesterday's Puzzle

DEPTHS MARINE
ADIEU SOLLOS
YEMMA OPALQ
PARADES
G PENITENTS A
REAR LES SPUN
URN L COINE
BERN SIT ERIN
S LISTERINE T
FLORISTE T
GREEN ARIAS
YEASTY EMETIS

War Between Whales, Sea Lions

Off the coast of California is San Miguel Island, writes H. M. Van De poodle in *Adventure Magazine*. About a mile out from Maguel is a double island called Flea Island. Here the big Seal seasons make their home. A few years ago it was my good fortune to be on Flea Island, taking pictures of the lions and their young. They paid little attention to us. The greater part of the herd was out in the water. The mothers of those cubs who were old enough were teaching them to swim. (Yes, they have to teach the young ones to swim.)
Three larger killer whales came toward the island at a tangent, swimming slowly, side by side, now above, now below the surface, but never going down far enough to submerge the dorsal fins.
When the lions saw them they streaked it for the rocks, all of them clambering up on to a large shelf, from which point of safety they thought to tell the killers what they thought of them.
But there was one little cub—probably doing his first "solo"—who was out too far to get in with the others and found himself cut off. Three times the killers circled the island before they seemed to notice the baby sealion. Then they all rushed toward him at once, dived and came up under him. One of them grabbed him by the tail and flung him twirling, high into the air. When he came down they all rushed at him again, and again he went up in the air spinning. This was repeated several times.
In the meantime the mother was galloping up and down the shelf of rock behind the other seal-lions, scolding, biting and shoving, till she had forced the entire herd into the water. Now she swam behind them, forcing them on till they had covered half the distance to the killers. Then, uttering a high pitched screaming roar, she forced herself to the front of the herd, when the whole herd charged, rolling the sea before them in a great smother of spray. The killers dived and came up way out to sea. The mother picked up her baby offspring by the scruff of the neck and shook him, much in the same manner that I have seen a human mother shake her offspring when she has just pulled him out of the way of a street car.
Now the herd swam back to the rocks, all jabbering and talking it over among themselves and now and then turning to bark at the departing killers, for all the world like a pack of fox-terriers who have chased a bulldog down the street and are daring him to come back but are afraid that he will.

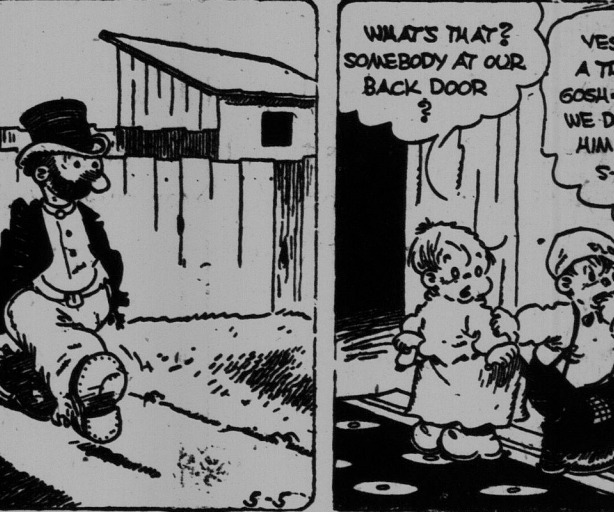
Spring Fever

At this season of the year, just before spring fever becomes epidemic, the bleached urbanite awails with longing and puffs with determination:
1. To own a little place in the country, if it weren't so far from town.
2. To raise chickens and sell the eggs, if it weren't so much trouble to feed 'em.
3. To have a nice little garden to grow just enough stuff for ourselves, if it weren't that spading gives one a kink in the back.
4. To walk to the office every morning, and home again in the evening, if it weren't so far, and the sidewalks weren't so hard, and if it were not so clearly a public duty to patronize the street-cars.
And so the h. u. goes out and buys another golf club—Pittsburgh Sun.
"Ma, pa's been to the races, hasn't he?"
"Yes, how did you know?"
"Well, my money box won't rattle."

FRECKLES AND HIS FRIENDS



TAG'S QUICK ON THE DEFENSE!



By BLOSSER



BOOTS AND HER BUDDIES



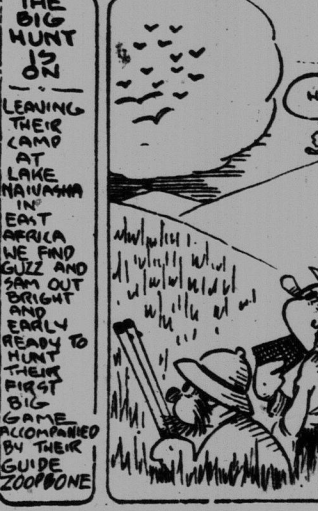
THE REAL REASON



By MARTIN



SALESMAN SAM



THE REAL REASON



THE REAL REASON



By SWAN



To express from simplest courtesy to deepest affection

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GB

The maker's mark on every piece

Have you tasted the NEW IMPROVED "G.B." coating?

On and After May 1st, 1925,

FOREST TRAVEL CERTIFICATES

Will be required by all persons and parties entering upon forest land of New Brunswick, except licensees, or owners of the lands entered upon, their employees, fire wardens, fire fighters, land surveyors, holders of hunting, fishing, guides or mining licenses, or persons accompanied by registered guides, Clergymen, Teachers, Pupils accompanied by Teachers, Scout Masters and Scouts.

HELP SAVE THE FORESTS

Certificates may be secured from local Fire Wardens, County Councilors, Game License Vendors, or other persons authorized. The same persons are authorized to issue certificates, as in 1924. Name, route, destination, purpose and duration of trip, together with dates, will be required for registration purposes before certificates can be issued to applicants. Person should register with the Fire Warden nearest the woods in which he desires to travel.

Penalties for non-compliance, not less than \$10 and not more than \$100.

J. E. HETHERINGTON,
Acting Minister of Lands & Mines.