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are made on a particular shape of last, which gives the foot more room and prevents slipping at the heel and instep. A heavy cloth insole made under a new process which absorbs all moisture, is nicely fitted in to add extra comfort for the wearer.

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JOB'S STORES, Ltd.

DON'T SAY PAPER
SAY "EVENING TELEGRAM"

SIDE TALKS.

By Ruth Cameron.

WHEN YOU CAN'T TAKE A VACATION.



There are some doctors who advise a day in bed once in so often even if you are in good health because it gives you a change to catch up with yourself. "A day in bed," says one doctor, "is as good as a week's vacation."

A Week's Vacation In A Day.

And those who are so placed that they can form the habit of spending an hour lying down every day and just relaxing are surely fortunate, and foolish if they do not take advantage of their good fortune. Of course one can get along all right without relaxing, of course one can keep at it all day, especially in the before-30 years. But even then, one can keep oneself more fit to get the full joy out of both work and play by such a rest period. And as for the after-30 years, well for them it is invaluable.

It is so much easier to be cured by pills than by following the laws of health, giving nature a chance, and waiting for her to restore the lost balance.

But both doctors and laymen are coming more and more to realize that the prescription the druggist fills must be supplemented by prescriptions that the patient has to fill for himself.

The Prescription That You Must Fill Yourself.

And prime among such prescriptions is a good big dose of rest in bed. I know one prominent specialist who has just that one medicine to suggest for a cold: Go to bed. You can take certain simple remedies, too, if you wish, but that's the main part of his prescription. Go to bed, get down under the covers, keep warm and away from draughts, and rest. Nature will do the rest.

The point is, of course, that nature is always working toward health, always directing your energies toward health. When you are up and around, a certain amount of that energy has to go on keeping you going. When you lie down that part is released and

nature has that much more energy to use in getting rid of whatever enemy is invading her territory.

In Place Of A Go-Away Vacation.

Another way of catching up with oneself for those who have gotten behind and cannot afford to go off for a regular vacation is a scheme of mine practices. She gives up all evening engagements and goes to bed directly after supper. She reads for awhile, but puts her light out at eight o'clock. She says a week or two of this treatment supplemented by as long an afternoon rest as she can steal from her necessary daily work as house-mother in a family of five, will put her on her feet when she has begun to go down hill, and cannot afford a go-away vacation.

I imagine there is many a breakdown that might have been avoided if the sufferer had given himself this treatment of a stay at home vacation at the right moment.

Just Folks.

By EDGAR GUEST.

THINKERS ALL.

You can't find out what a fellow thinks. Where the slag comes up and the metal sinks. In the cupola of a foundry's gloom; You can't get his thoughts in the crowded room. And the clang and stir of a factory grim; Then life is too busy and swift for him. To do more than snarl at the dirt and heat; You can't read his mind on the busy street. You must wait till you get him somewhere alone, Then he'll make his dreams and his fancies known.

They are merely men as they walk to work, Mechanic and foreman and drudge and clerk, Laughing or frowning, or sad or gay, Merely a throng as they go their way; But each of them's bringing a thought to bloom. Which you never will see in a factory's gloom; Never from seven to five you'll find The nobler side of the toiler's mind; But somewhere away from the world's harsh tone He'll tell what he thinks when he's all alone.

Out in the woods, by stream or hill, When the stars come out and the night is still, He will turn to you and he'll whisper low Of the thousand things which he wants to know; He'll utter his faith in a simple way, He'll tell what he says when he kneels to pray, He'll talk of eternal joys to be— Oh, a different sort of man you'll see Than the toiler grim in the furnace hole. When you get him alone and he bares his soul.

Sweden Ready to Supply United States With Lumber

STOCKHOLM.—(A.P.)—A new and important item may soon be added to the export trade from Sweden to America, according to statements in the press by a Swedish lumber expert, the government forester, M. Juhlin-Dannfelt, who has returned here after an extended tour of the United States as an exchange scholar under the auspices of the American Scandinavian Foundation.

The demands on the forest resources of America have already become so great, says Mr. Juhlin-Dannfelt, that a lumber shortage is being increasingly felt, especially in the eastern states. Besides, the long haul from the region of standing timber involve sufficiently heavy freight charges to make imports from overseas advantageous. Consequently a new market for Swedish lumber is opening up and, in fact, a considerable number of shipments have already been made by Atlantic ports, Spruce, fir, and pine lumber, especially undressed materials, such as lath and planks, has been absorbed easily by the American market, and Swedish mills now look for a big trade along this line.

Bricks and Brakes

London Daily Telegraph: It becomes every year more obvious that health of mind and spirit is not to be maintained by those who are always "in a hurry." Men and women need to get out into "the wind on the heath," to come in contact with the open country and the life of the wild creatures there. Some of the most enfeebling ailments of the body politic in our time arise from ignorance in town-bred people of any manner of life but their own.

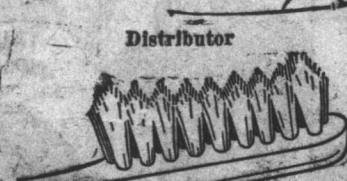


Your child's toothache is your fault

Children's teeth should not decay. They should not ache, fall out early, or have to be pulled. When they do, it is because you have failed to teach the use of the right brush in the right way.

Teach your child the Prophy-lactic habit early in life. The Small Size Prophy-lactic, with all the famous Prophy-lactic features, is especially suitable for children. It prevents decay. It saves the expense of middle-of-the-night toothache. Keep your child's teeth clean with a Prophy-lactic for A Clean Tooth Never Decays.

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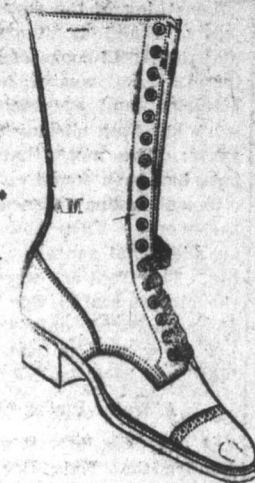
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