

# EVENING TIMES-STAR MAGAZINE PAGE FOR THE HOME

## ADVENTURES OF THE TWINS

By Olive Roberts Barton

NO. 1—BEANSTALK LAND



"I've got a letter for you," said Silver Wings. One day the Fairy Queen sent Silver Wings, her messenger, to the meadow where Nancy and Nick, the Twins were playing.

"Hello!" called Silver Wings, settling on a large purple thistle and looking exactly like a beautiful butterfly.

"Hello!" shouted the Twins. "Who are you and where are you?"

"I'm me and I'm here!" called Silver Wings, shaking with laughter until the little purple thistle blossomed up and down like a bird-cage on a spring.

That attracted their attention and the Twins flew over and knelt down on the grass beside the thistle blossom, the better to talk to the little fairy.

"I've got a letter for you," said Silver Wings in a tiny voice. "It's from the Fairy Queen and I think you will like it. Twinkle-Pen, her secretary, told

## THIS LADY SAYS

There's Nothing to Equal "Dr. Wood's" Norway Pine Syrup For Coughs and Colds

Mrs. David Thompson, West River St., Paris, Ont., writes: "I cannot speak too highly of Dr. Wood's Norway Pine Syrup.

For myself and children I use nothing else.

My little girl, five years old, has had bronchial trouble ever since she had the "flu" a few years ago, and now, whenever she gets a slight cold, she develops a very nasty cough, but all I have to do is give her a few doses of Dr. Wood's Norway Pine Syrup.

Also for myself, and the other children, I can find nothing to equal it, in fact, it was only a short time ago that I gave it to my ten-month-old baby, and could immediately see the difference it made in her. Now, I always keep Norway Pine Syrup in the house as I feel there is nothing to equal it.

Price 80c a bottle, the large family size 60c; put up only by The T. M. Burn Co., Limited, Toronto, Ont.

## HEALING CREAM IS QUICK RELIEF FOR HEAD COLDS

Colds and catarrh yield like magic to soothing, healing antiseptic cream that penetrates through every air passage and relieves swollen, inflamed membranes of nose and throat. Your clogged nostrils open right up and you can breathe freely. Hawking and snuffling stop. Don't stay stuffed up and miserable.

Get a small bottle of Ely's Cream Balm from your druggist. Apply a little in the nostrils and get instant relief. Millions endorse this remedy known for more than fifty years.

The All-Important Question! Caller—Well, well, so your old manager has gone away since I was here last. Where's he gone to? Office Boy—There ain't no clew yet, sir—Answers (London).

## RECIPE TO CLEAR A PIMPLY SKIN

Pimples are Impurities Seeking an Outlet Through Skin Pores.

Pimples, sores and boils usually result from toxins, poisons and impurities which are generated in the blood and then absorbed into the blood through the very ducts which should absorb only nourishment to sustain the body.

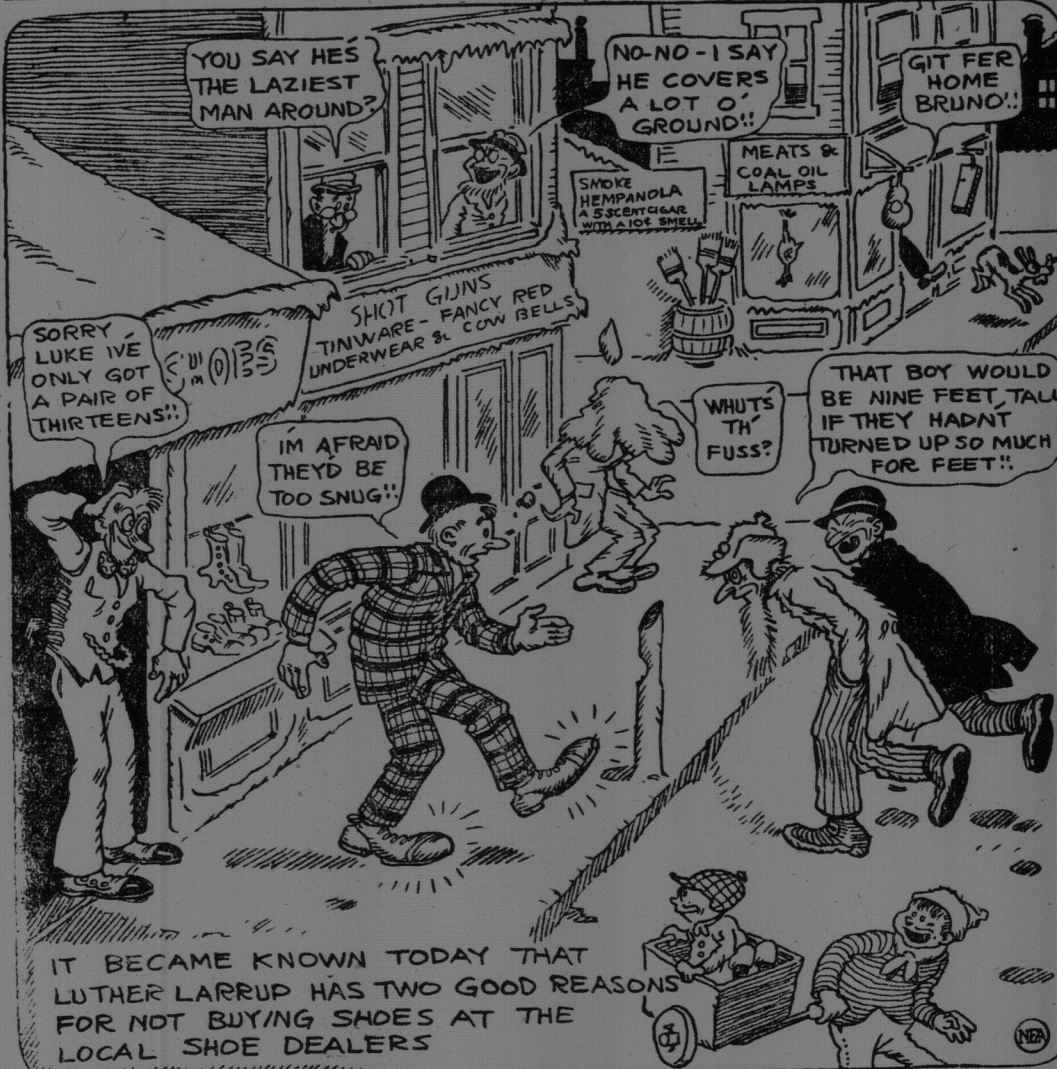
It is the function of the kidneys to filter impurities from the blood and cast them out in the form of urine, but in many instances the bowels create more toxins and impurities than the kidneys can eliminate; then the blood uses the skin pores as the next best means of getting rid of these impurities, which often break out all over the skin in the form of pimples.

The surest way to clear the skin of these eruptions, says a noted authority, is to get from any pharmacy about four ounces of Jad Salts and take a tablespoonful in a glass of water each morning before breakfast for one week. This will help prevent the formation of toxins in the bowels. It also stimulates the kidneys, thus coaxing them to filter the blood of impurities and clearing the skin of pimples.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia. Here you have a pleasant, effervescent drink which usually helps make pimples disappear.

## THE OLD HOME TOWN

By STANLEY



## HAVE VALENTINE PARTY.

The annual valentine party of the Junior department of the Centenary Sunday School and their teachers, was greatly enjoyed on Saturday afternoon, in Centenary Hall by more than 50 of the members. The decorations were arranged by Mrs. Lee Langstroth and Mrs. C. D. Colpitts, decorating and supper conveners.

Those who assisted in serving were Mrs. M. D. Austin, Mrs. E. W. Henry, Mrs. Arthur Likely and Mrs. W. J. Harding. Miss Pauline Jenkins and Miss Vivian Fowler were leaders in the games. Rev. Robert G. Fulton, pastor, and W. Grant Smith, superintendent

of the Sunday School, were guests of honor and made short addresses. Prizes were won by Miss Jean Austin and Master James Carr.

## DELEGATION TO OTTAWA.

A delegation composed of His Worship, Mayor G. Frederick Fisher, Commissioner T. H. Bullock and H. C. Schofield, of the Robert Reford Company, Ltd., representing the city, and J. M. Woodman, New Brunswick superintendent, and C. C. Kirby, district engineer, representing the C. P. R., left yesterday afternoon for Ottawa, to confer with Hon. J. H. King, Federal Minister of Public Works, on what were described as matters of vital importance to the city and port of St. John. It had been expected that the delegation would be larger in number, but others who were to have been included, found it impossible to make the trip at present. The delegation expects to meet Hon. Mr. King this afternoon.

## GOES INTO DRY DOCK.

The C. G. M. M. steamer Canadian Inventor, which arrived in port recently from Vancouver, via New York, was towed into the dry dock of the St. John Dry Dock and Shipbuilding Co.,

Limited, last evening. The inventor passed literally dozens of dry docks at Boston, New York and other ports on her way to St. John to have the work done here.

## Chest Colds—

get rid of them quickly



Apply Sloan's gently without rubbing. It starts the blood circulating swiftly through the tissues. The congestion breaks up. Before you know it—the cold is gone. Get a bottle from your druggist today—35 cents. It will not stain.

Sloan's Liniment—kills pain!

## Your Health

By DR. CLIFFORD C. ROBINSON

## THE SIMPLE LIFE.

Since Charles Wagner wrote his little book on "The Simple Life," many interpretations, good, bad and humorous, have been made in regard to its teachings.

Long before his day, men were living the simple life, but there was very little said or written concerning it. Living the so-called simple life is a wonderful thing for health and longevity. It pays good health dividends.

The first thing to start one on the road to the simple life is a thorough health examination to ascertain your actual physical standing. Beware of that little ailment which causes a titch or twinge in your back or at your "heart strings." Nature is giving you a warning signal. If you don't give it any attention the damaging drains on your vitality and bodily resistance will gradually become worse. Too much eating at irregular periods, neglecting bad teeth, harboring disordered tonsils or burning the candle at

both ends, are bad practices against the simple-life programme.

Theodore Roosevelt was a busy man, more so than the majority of people, but he always found time in his busy life for some relaxation and helpful exercise every day. Minor defects in your eyesight, hearing, lungs, heart or the digestive system may be detected and brought out by exercise.

The simple life calls for a decrease in your meat allowance after 40. Before that age a cut down in meat is all the better for your muscles and digestion. A right proportion of the bulky green vegetables is of great assistance in keeping the joints from stiffening, helping to cut down your waistline and keeping the weight where it belongs. Sleep your full allotted time of eight hours.

Work as hard as you desire and get fatigued in the natural course of doing it, but don't eat when you are tired. Rest a while and then eat a moderate portion slowly.

## STRIKING ORIGIN OF A NEW ANAESTHETIC

Chicago, Feb. 18.—In an address before the Chicago Association of Commerce, to be published soon in the University Record, President Ernest De Witt Burton, of the University of Chicago, refers to the remarkable discovery of a new anaesthetic at the University.

"Some of you have heard of Dr. Arno Luckhardt's discovery of a new anaesthetic which promises to supplant all other anaesthetics, and to make no mean contribution to the healing art. It is a rather interesting fact that the impetus to this discovery, the original occasion for it arose not in the medical school nor in the medical sciences, but in commerce and in botany. A Wisconsin florist, observing that his flowers withered much more rapidly when shipped to Chicago than when sent to other cities, asked the Department of Botany at the University of Chicago to find out why. It was soon discovered that these flowers were anaesthetized by a certain gas prevailing in the streets of the city of Chicago, and a further study of this anaesthetic proved that it was helpful to dogs and human beings."

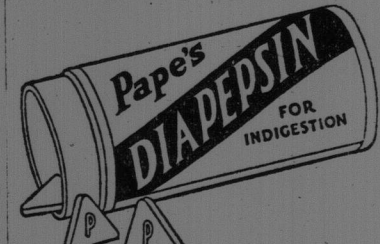
## TO REPRESENT CITY.

Either C. F. Sanford, K. C., or W. H. Harrison, K. C., of the legal firm of Barnhill, Sanford and Harrison, will represent the St. John Board of Trade

at the economic conference to be held in Montreal on Thursday of this week.

## ACID STOMACH!! GAS, INDIGESTION

Chew a few Pleasant Tablets—Stomach Feels Fine!



Instant stomach relief! Harmless! The moment "Pape's Diapiesis" reaches the stomach all distress from acid stomach or indigestion ends. Immediate relief from flatulence, gases, heartburn, palpitation, fullness or stomach pressure.

Correct your digestion for a few cents. Millions keep it handy. Drug gists recommend it.

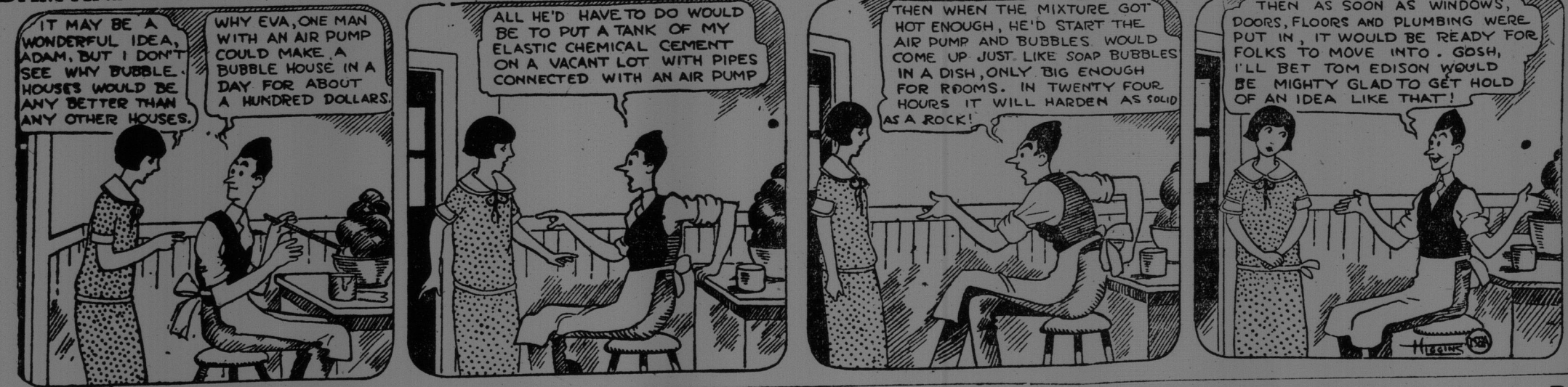
## FRECKLES AND HIS FRIENDS—JAY IS A HOPELESS CASE

By BLOSSER



## ADAM AND EVA—AN EXPLANATION

By CAP HIGGINS



## SALESMAN SAM—SAM GETS IT IN TH' NECK

By Swan



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is NOT on the Box, it is NOT

**BROMO QUININE**

"There is no other BROMO QUININE"

Proven Safe for more than a Quarter of a Century as a quick and effective remedy for Colds, Grip and Influenza, and as a Preventive.

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Take it for Eczema, Rashes, Sores, Eruptions, Bad Legs, Abscesses, Swollen Glands, Piles, Gout & Rheumatism.

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