

EVENING TIMES-STAR MAGAZINE PAGE FOR THE HOME

ADVENTURES OF THE TWINS

By Olive Roberts Barton

THE LITTLE GREEN MAN.



"Hello!" he nodded pleasantly. "Can't you come in a minute?"

Down the beanstalk came the Twins from Beanstalk Land. Not like Jack had done the time the giant chased him, but slowly and carefully, reaching down with their toes to find safe places to put their feet.

Suddenly one of the big beans opened and out came a little green man.

"Hello!" he nodded pleasantly. "Can't you come in a minute?"

And then the Twins saw that the big green bean-pod was really a little house, windows, door and all.

"Do you live here?" asked Nancy. "We didn't see your house when we were going up. Were you here all the time?"

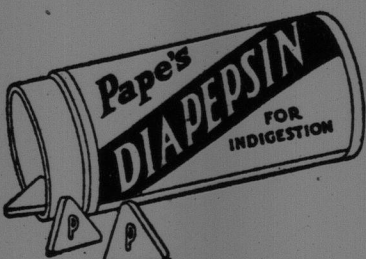
"Yes," said the little man. "But it was not intended that you should see me. I'm the Beanstalk Fairy and I can make myself invisible whenever I wish. The Fairy Queen told me you were going to Beanstalk Land, and asked me to go with you to see that you were not in any danger."

"But where were you?" asked Nick. "Where did you keep yourself?"

"Oh, I'm sure we are ever and

ACID STOMACH!! GAS, INDIGESTION

Chew a few Pleasant Tablets
—Stomach Feels Fine!



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

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

so much obliged!" said Nancy. "We often wondered why nothing ever happened to us, but we thought it was our magic green shoes."

"They helped, too!" said the little man. "But one cannot be too safe in a country where everything is so big and you are so little. Have you a nice time?"

"Splendid," said Nick. "Were you with us when the fiddler fooled the people at the fair and pretended that his fiddle was bewitched?"

"Yes," nodded the little man. "and as it wasn't the truth he was telling exactly, it was I who made him give all the money away to the poor on his way home."

"Besides that, it was I who made you go to the palace and tell the king and queen to mend their ways. Beanstalk Land is a much better place since you visited it. Here is a letter for the Fairy Queen telling her all about it. Give my love to Silver Wings and Nimble Toes and Twinkle Pen and the Fairy Queen herself!"

"Goodbye!" cried the Twins, taking the letter and starting down the beanstalk. "Goodbye!" called the little man.

THE OLD HOME TOWN

By STANLEY



IT TOOK MURRAY BASKINS THREE HOURS TO CONVINCE HIS WIFE THAT THE TWO COOK BOOKS HE BOUGHT FROM THAT PRETTY BOOK AGENT WERE FOR THE BASKINS HOME.

Your Health

BY DR. CLIFFORD C. ROBINSON

A REDUCING DIET.

A satisfactory reducing diet must furnish enough of the rebuilding food (proteins) for daily bodily use in tissue building. But since its caloric value is well below the average daily amount demanded by the body, from 2,500 to 3,500 calories daily, the deficiency must be supplied from the fat stored up in your body. This, of course, causes loss of weight.

Gradual reduction, calling for a weight decrease of from one to two pounds each week is the objective sought. Gradually modify your diet. Take light exercise at first but gradually increase.

Make up your mind to give up your favorite sweets. You are in for reducing and one year should show good results.

A balanced diet must be maintained if the greatest good is to be accomplished. The fats are to be avoided, but protein or body building food, starch, sugar and mineral salts must be carefully balanced.

Here is a good beginning diet for daily use:

Breakfast—Small portion of fruit. Two eggs or a small portion of any lean meat. One cup of coffee, without sugar; or small amount of milk; do not use cream.

Lunch—Clear soup; no rice or noodles. Two slices of bread or small amount of toast or rolls; no butter. Green vegetables of any kind; small portion of lean meat. Cup of tea or water.

Dinner—One cup of clear soup. One slice of bread, small part of butter. Non-fat meat, one small piece. One potato or small portion of carrots or beets. Small cup of tea; no sugar.

Try this diet for a month, with very little variation. Always drink a fair amount of water, at least one pint during the day. Walking is the best exercise to start with your reducing.

This programme will be extended in a later article.

Several insurance concerns allow lower burglary rates where a dog is maintained.

Is it a struggle to get up?



Don't you wish you could always wake up fresh and brisk, ready to tumble out of bed jolly and bright-eyed?

Well, you can.

If you wake up feeling lazy and sluggish and sleepy there's a reason for it, and the reason is that your system is lazy and tired and sluggish.

Probably you lead a sedentary life, have to sit a good deal during the day, don't get enough open air and physical exercise. Week-end walks or Saturday golf are not enough. Consequently your internal system becomes inactive. Liver and kidneys don't perform their natural functions actively enough.

As a result they let impurities creep into the blood which would never get there if you were leading an active, open-air life. The presence of these impurities in your blood causes constipation, depression, headache, fits of the blues, and a general feeling of lassitude. Work is a drudge, your outlook is not so happy as it should be, you feel sleepy after meals and lazy in the mornings.

There's no need to feel like this. There's no need to envy those jolly, cheerful people who are always brimming over with fun and energy.

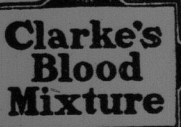
YOU can feel like that too. Take a pinch of Kruschen Salts in your breakfast cup.

EVERY MORNING.

Just a pinch only, as much as will lie on a 10 cent piece, but—it must be every morning. You can't taste it. You won't know you are taking salts, but you will soon notice the difference. Kruschen Salts restore the liver and kidneys to thorough activity so that they perform their natural functions thoroughly. Impurities are cleansed from the blood. Fresh, clear blood circulates all over the system, bringing new, tingling life to every fibre of the body. You wake up refreshed by sleep, cheerful, full of energy, ready to spring out of bed. All day and every day you feel happier, keener, physically and mentally.

That Longed-for Relief

comes to stay when the blood is cleansed with



Take it for

Eczema, Rash, Sores, Leg, Supplices, Bad Abscesses, Swollen Glands, Piles, Gout & Rheumatism.



Bad Legs Healed at the age of 67.

Mrs. Greenwood, of 11, Stephen Fold, Sticker Lane, Dudley Hill, Bradford, England, writes: "It is eleven and a half years since my legs first started, and what have gone through with pain and loss of sleep, nobody but myself knows. I tried all sorts of lotions, plasters, and poultices, but it never healed. About 12 months ago my right leg also broke out, and then I bought a bottle of Clarke's Blood Mixture, and after taking seven bottles my legs were healed. I was 67 then, and now, I see it is not the age that matters."

Profit by Mrs. Greenwood's Experience and Start Cleansing Your Blood to-day.

Wholesale Agents for Canada, HAROLD P. RITCHIE & Co., Ltd., 10, McCull St., Toronto, Ont.

Good Advice

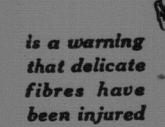


Banish Indigestion with

Dodd's Dyspepsia Tablets.

Bruises

The throbbing ache of a bad bruise



is a warning that delicate fibres have been injured

Sloan's Liniment sends straight to them the increased blood supply they need to repair them, relieving the pain, clearing up the congestion. Get a bottle from your druggist today—35 cents.

Sloan's Liniment—kills pain!

In 1918 the United States spent more than two billion dollars for liquors.

HAD ROUGH PASSAGE.

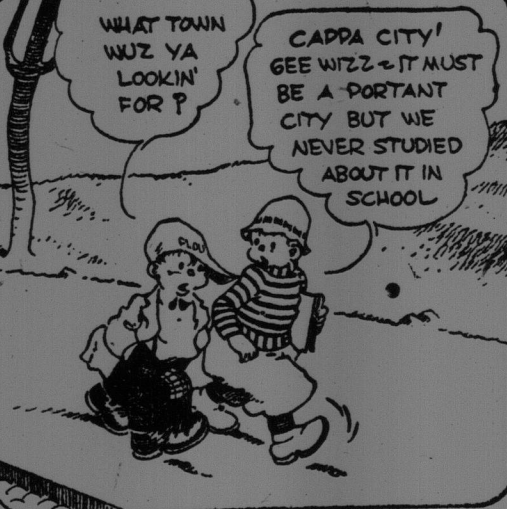
After one of the worst experiences through which her crew had ever passed, the R. M. S. P. liner Tevot arrived in port on Saturday afternoon from the West Indies.

Capt. Murley said the ship ran into the hurricane when about 50 miles out from Hamilton, Bermuda, and at times it was so severe that it was necessary to heave to and pour oil on the waters to keep down the waves which threatened to engulf the ship. The storm raged for five days, during which time very little progress was made.

The Tevot brought mails, passengers and a fair general cargo.

In 1918 the United States spent more than two billion dollars for liquors.

FRECKLES AND HIS FRIENDS—THE LOST CITY



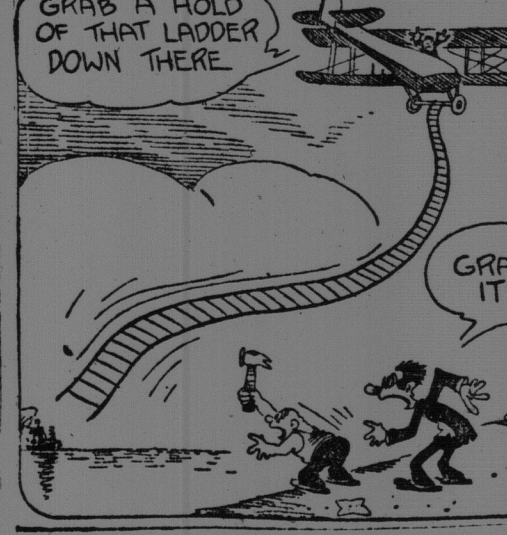
BOOTS AND HER BUDDIES—RIGHT OF POSSESSION

By MARTIN



SALESMAN SAM—THE RESCUE

—By Swan



Good Health for Half a Cent a Day

The dose to cover a 10 cent piece every morning is found in practice just the right amount for a most invigorating daily tonic. The medicinal dose for persons suffering from pains of rheumatism and good spirits for half a cent a day. Get a bottle at your Druggist's to-day, and start liver, etc., is that given on the label of to-morrow.

SOLE IMPORTING AGENTS: CHARLES GYDE & SON, MONTREAL.



AGENTS FOR NEW BRUNSWICK THE CANADIAN DRUG CO., LIMITED 70 Prince William Street, St. John, N. B.

