

## MAGAZINE FEATURES

## Our Own Upsetting Exercises

By Ring W. Lardner.

To the Editor:

F. M. A. has just wrote into me again saying that he has got a sedentary position as a floor walker and get the garters on which is the nearest approach to a Whiteley exercise we have had in yrs. but twice as intense if the elastic is the kind you can place any confidence in it. But don't pull them too hard, and keep breathing all the while.

6. Put on your other suit and come down to breakfast and ask your step-wife what she looks so grouchy about. Four rounds of sparring.

7. On acct. of the shoe exercises, they're no more use of you leaning over to eat the oatmeal so try and get it up to the lips with some implement like a spoon or a niblick.

8. Wait till just before train time and if you live on a upper story jump out and hurdle the hedge and run for the subway.



"Run from left to right to wherever the shaving materials is at and shave using both arms with a free motion."

bed from left to right till you find where you laid the cigarettes. Then run around the bed from right to left, and unroll yourself till you find where you laid the matches at. Lift a cigarette into your mouth with the left arm slightly crooked at the elbow. Then scratch a match with both arms and light the match to the cigarette with both arms akimbo. Breathe heavily.

2. Run from left to right to wherever the shaving materials is at and shave, using both arms with a free motion and breathing heavily. Use the lather freely with both arms on the brush bent slightly at the elbow and take long breaths.

3. Remove the pajamas with both arms and put on the intimate garments with the same, using both arms neutrally. Breathe.

4. Wear button shoes and put them



"Hurdle the hedge and run for the subway."

on first. Set down whilst putting on the shoes and stop between every two buttons and set up and lean over again for the next button and keep breathing from left to right.

## HOW DO YOU SAY IT?

By C. N. Lurie

Common Errors in English and How to Avoid Them

(Copyright, 1920, by The Wheeler Syndicate, Inc.)

By C. N. LURIE.

"AT LENGTH" AND "AT LAST."

Between the meaning of the phrase "at length" and that of the phrase "at last" there is a distinction that is often ignored by writers and speakers.

Of course, in this case, as in so many others, failure to make the distinction is not a capital offense; but those who desire to speak and write correctly should endeavor to train themselves in the making of fine distinctions.

Both "at length" and "at last" are used in reference to something that occurs after long waiting; but the former is used to denote an action or a state that continues, or is yet to come, while the latter indicates something that has happened. Thus, we say, "I have long desired to visit the national capital, and at length I am going there next month"; and "I have long desired to visit the national capital and at last I did myself in Washington."

6. Try and get the stockings on over the shoes. This is one of the most intensive of the upsetting exercises. When accomplished, try and get the garters on which is the nearest approach to a Whiteley exercise we have had in yrs. but twice as intense if the elastic is the kind you can place any confidence in it. But don't pull them too hard, and keep breathing all the while.

6. Put on your other suit and come down to breakfast and ask your step-wife what she looks so grouchy about. Four rounds of sparring.

7. On acct. of the shoe exercises, they're no more use of you leaning over to eat the oatmeal so try and get it up to the lips with some implement like a spoon or a niblick.

8. Wait till just before train time and if you live on a upper story jump out and hurdle the hedge and run for the subway.



"Run from left to right to wherever the shaving materials is at and shave using both arms with a free motion."

bed from left to right till you find where you laid the cigarettes. Then run around the bed from right to left, and unroll yourself till you find where you laid the matches at. Lift a cigarette into your mouth with the left arm slightly crooked at the elbow. Then scratch a match with both arms and light the match to the cigarette with both arms akimbo. Breathe heavily.

2. Run from left to right to wherever the shaving materials is at and shave, using both arms with a free motion and breathing heavily. Use the lather freely with both arms on the brush bent slightly at the elbow and take long breaths.

3. Remove the pajamas with both arms and put on the intimate garments with the same, using both arms neutrally. Breathe.

4. Wear button shoes and put them



"Hurdle the hedge and run for the subway."

on first. Set down whilst putting on the shoes and stop between every two buttons and set up and lean over again for the next button and keep breathing from left to right.

## THE GREAT IMPERSONATION

By E. Phillips Oppenheim

Starts on Page 11.

THE GREAT IMPERSONATION.

Startling and prophetic as Oppenheim's previous novels have been, in this, his latest book, he has surpassed himself. "The Great Impersonation" is a happy blending of romance, mystery and intrigue so splendidly done that whoever reads it cannot help but be convinced that it is the best Oppenheim ever wrote. It is indeed a triumph of construction and treatment that grips the reader's interest from the start and does not release that hold until the very last chapter of the book.

—has used it since he was a boy

Nothing to equal

MINARD'S

KING OF PAIN

for Sprains &amp; Bruises

THE first thing to do when you have an injury is to apply Minard's famous Liniment. It is antiseptic, soothing, healing, and gives quick relief.

The publisher of the best Farmer's paper in the Maritime Provinces is writing to us stating "I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitations."

MINARD'S LINIMENT CO. LIMITED

Yarmouth, N.S.

## Just Folks by Edgar A. Guest

NOBILITY.

Rise high to glory if you can, But never cease to play the enchanter. Be everywhere the gentleman, And you shall conquer in the end; Boast not nor think too much of skill, Be patient in each trying hour, Be humble here and kindly still, Even though you should rise to power.

Nor pomp nor pride nor splendid feat Excuse a man for sin and shame, Who stoops to folly and conceit, Dims the fair lustre of his fame. For better far than words of praise Which follow brilliance and its deeds, Are ways to cheer, and gentle words, And these the old world sorely needs.

## Rann-Dom Reels

THE EARLY COLD.

The Early Cold is a soul-satisfying imitation of the mid-winter influenza which takes hold with enthusiasm and lets go with regret.

Year after year, in our northern climate, a long, hot summer is almost always succeeded by something else. Just when people get accustomed to wearing fewer clothes than a Greek dancer, the weather will change overnight and cause every red corpuscle to freeze in its tracks. This makes a bright opening for the Early Cold, which settles in the nose of its victim and wrings shrill, agonized sneezes from the same.

The Early Cold is caused by lack of foresight and heavy underclothes. One of the worst habits anybody can fall into is to pack up his winter underwear just as soon as summer opens up and lay it away in the bottom of an attic trunk after spraying it with moth balls. When fall comes, with its bracing atmosphere and hard coal nightmare, nobody is prepared to meet it except sensible, old-fashioned people who wear back-plastered union suits the year around. It is supposed to be part of a wife's business to anticipate changes in the weather and have her husband's underwear laid out on a chair, so that he can make a quick and easy change and not come home at night, covered with hoar frost. Some day a single woman will be led up to the altar until she signed a contract to perform this simple duty, but as things are now, all the average husband can do is to wear what he can find without taking a day off and trust to a merciful Providence.

As a rule, the Early Cold does not linger long, as it is merely intended to put the system in good condition for the gripper. An Early Cold can be rushed off its feet by burying both legs in a hot sitz bath and allowing the aromatic quinine capsule to do its worst. There is another good point in its favor also. If it were not for the Early Cold the hot bath would be much more neglected than it is.



## Let the Apex Give You a Vacation from Cleaning Work

FREE TRIAL PERIOD

You—Mrs. Weary Housekeeper—Why don't you join the hundreds of thousands of women who have been released from cleaning drudgery by the Apex? It is so easy just to step to your phone—or to mail the coupon—and ask us to send you the Apex that will bring you a permanent cleaning vacation.

ACT TODAY—PHONE OR WRITE

Don't put off enjoying the aid of the most helpful electrical servant you can have. A free trial is yours for the asking. No money down, no obligation on your part. After free trial, a small initial payment makes the Apex yours to keep,—balance on easy monthly terms.

## FREE TRIAL COUPON

THE EASTERN ELECTRIC CO., LTD.  
Cor. Dock and Union Streets St. John, N. B.  
Phone M. 2436 Distributors for New Brunswick  
I desire to take advantage of your free trial offer. Please deliver an Apex Cleaner on

Name.....  
Address.....  
City.....



## The Apex ELECTRIC SUCTION CLEANER

DEALERS:

W. Allan Staples ..... Fredericton, N. B.  
W. C. Whipple ..... McAdam, N. B.  
L. A. Dugal ..... Edmundston  
Service Tire & Electric Co. .... St. Stephen  
Jones Electric Supply Co. .... St. John  
L. M. Johnson ..... St. John

With the help of David's long, toilsome experience in making ready

## THE THRONE AT LAST

By WILLIAM T. ELLIS.

The International Sunday School Lesson for July 25 is, "David Succeeds Saul as King."

—II. Samuel 2:1-7; 5: 1-5.

"The mills of God grind slowly—but they never cease to grind. The one thing that Providence seems to have most of is time. Having time, it seems easy to have patience. Most mortals are short on both. Few persons know the divine art of waiting. What we want we want in a hurry. All our desires must be granted over night. With the impatience of children, we expect all the desirable things we seek in the half of the world to be accomplished straightaway. It is a rare commentator upon current events who is not openly critical because human society has not suddenly been made over after the war."

But David found it a long weary way to the throne of Judah, and a longer way to the throne of united Israel, so it is with most persons in pursuit of life's goals. David had travelled by the diversified route of battle and courtship, and royal favor and exile and persecution and the caves and the mountains and the wilderness. He had run the gamut of normal experience, in his eventful journey between a sheepfold and a palace.

## The Belgian Artist's Feast.

A great goal is worth a long journey. For a day's provisions one may walk to the corner store; but for the feasting of the spirit upon the riches of the Old World one must take a long and costly trip. Little things are easily gained; great ends are gained at the cost of time and effort and skill. A Belgian young man has spent thirteen years, and undergone great privations and toils, in order to make a tapestry rivaling those of the old masters. Now that she has succeeded, she has been honored by king and by court, by her native city and by the masters of art, and the tapestry is to be sold at a fabulous price. She could have painted a thousand "pot-boilers" during this time, as most of us would have done in her place, but she would not have given the world a treasure. Her road to a throne, like David's, was long and hard, but it was worth travelling.

All that David underwent was essential to his arrival. Not an experience could have been foregone, else there would have been missing a necessary span of the bridge. All was required for his training and equipment. Well could the harried and distressed hero repeat to himself his own Shepherd Psalm. "He leadeth me." No person has ever learned to see that the experiences necessary for his preparation. God does not put His children through needless discipline.

I have watched the Japanese workmen make cloisonne, and the process, after it has proceeded to a certain extent, seems to be merely one of repeated burnings and polishings. Long after a visitor would suppose the vase to be finished, the maker subjects it to rubbing after rubbing; and, in the case of the finer grades, the last stage is a slow, careful rubbing by the human hand alone. Such pains does not take to complete its work. Shall the human soul therefore grumble because it takes time, and patient experience, to bring it to its true worth?

## Mushrooms and Oaks.

Spurgeon once said something to the effect that when Nature wanted a mushroom it could be produced overnight; but when an oak tree was wanted, it needed decades and centuries. One of the problems of the newly rich, who seek to create great estates in a few months or years, is to secure old trees that shall be properly placed. Only partly has the skill of the nurserymen in transplanting come to their aid, for trees can be grown only by time. Similarly, if God wanted a David for the throne of Israel, He would not pluck him unripe. The process that makes the great and beautiful tree was employed, and the first element in that time. No wonder the Psalmist was continually exhorting his soul to wait patiently upon the Lord.

Discipline is but another word for disciplining—training for the task. David was being prepared as the great king, whose glory in the sacred story was to be eclipsed only by that of his own Greater Son. David might have reassured himself, all along the way, that he was on the way to a throne, that he was being made fit to become a king. A lumberman once told me that the finest grades of timber are those which come from the tree that has been standing out in the open, where all the winds of heaven buffeted it. The fiber is tougher and more closely wrought than in a forest-grown tree. Adversity has been the blessing of the tree, as it were; just as the life which has not been too highly sheltered is fittest to serve its time. Difficult experiences are almost a sure sign that God is doing something special with one's life.

Place or Fitness?

There are more young persons who are looking for jobs today than are seeking work. From every quarter comes the cry that workers, of all kinds and degrees, are more interested in wages than in production. Quality has deteriorated in almost all lines of merchandise. This is because we court places rather than fitness. Now it is clear that God cares more for quality than for place, and for character than for reputation. Even more than He wanted David to be a king, the Lord wanted him to be a kingly man. He was supremely interested in the soul of David.

Unpopular as the truth may be today, it nevertheless is eternally true that it is better to be a big man in a small place than a small man in a big place. In other words, it is more worth while to be than to seem. I have known more than one great man of whom the big world never heard; and I have also known not a few tragic instances of little men occupying great positions, for which they were not fitted. This entire Lesson may be considered from the angle of the preparation of a spirit for a work. It represents the solicitude of heaven for quality first.

With the help of David's long, toilsome experience in making ready

for the throne, it should be possible for millions of young persons to be taught this week that, despite the high wages and quick rewards of a financial sort that have been given to all degrees of ability and inability during the war, time is the most important time of all, and that to go into the responsibilities of maturity untrained and unqualified is nothing short of a disaster. When the test comes—as it seems to be coming today in some parts of the economic and industrial world—the overpaid inefficients will be the first to suffer, and the last to recover. David was made ready for a mighty and difficult career by long, hard experiences; but he came through to the end, and died king of Israel.

## Wanted: King Men.

In the remarkable "McAndrew's Hymn," by Kipling, the old engineer, after musing upon the wonders of invention and machinery, cries, "But word, what about the man?" That is the supreme question. All the kingdoms of earth and heaven are crying aloud today for kingly men. Religion needs nothing, short of the divine Spirit, so much as it needs men of royal calibre. Politics is pestered with pygmies. Business keeps crying aloud for men worth ten or twenty or fifty thousand dollars a year. It is quality that is needed.

Reverently, we may say that God Himself is seeking men and women who can be trusted with great success in His service. Is it not remarkable how easily we become self-inflated over trifling achievements in Christian work? The average professional evangelist is as strutting and self-satisfied as a bantam; he gives an obnoxious impression that he feels the Lord should be very grateful for his favor. All this means nothing more nor less than the pride of the spirit as they occupy for a brief time minor places of responsibility. Only a few men of the Moody stamp are able to rise above the small.

## TUXIS BOYS AND TRAIL RANGERS BY Firelighter

MR. STATTEN SPEAKS TO BOYS

Many boys in Canada have heard at least one of Mr. Statten's "pepped-up, knock-out speeches," as someone called them, but some have not; for at which he most chafed and fretted were necessary for his preparation. God does not put His children through needless discipline.

I have watched the Japanese workmen make cloisonne, and the process, after it has proceeded to a certain extent, seems to be merely one of repeated burnings and polishings. Long after a visitor would suppose the vase to be finished, the maker subjects it to rubbing after rubbing; and, in the case of the finer grades, the last stage is a slow, careful rubbing by the human hand alone. Such pains does not take to complete its work. Shall the human soul therefore grumble because it takes time, and patient experience, to bring it to its true worth?

Spurgeon once said something to the effect that when Nature wanted a mushroom it could be produced overnight; but when an oak tree was wanted, it needed decades and centuries. One of the problems of the newly rich, who seek to create great estates in a few months or years, is to secure old trees that shall be properly placed. Only partly has the skill of the nurserymen in transplanting come to their aid, for trees can be grown only by time. Similarly, if God wanted a David for the throne of Israel, He would not pluck him unripe. The process that makes the great and beautiful tree was employed, and the first element in that time. No wonder the Psalmist was continually exhorting his soul to wait patiently upon the Lord.

Discipline is but another word for disciplining—training for the task. David was being prepared as the great king, whose glory in the sacred story was to be eclipsed only by that of his own Greater Son. David might have reassured himself, all along the way, that he was on the way to a throne, that he was being made fit to become a king. A lumberman once told me that the finest grades of timber are those which come from the tree that has been standing out in the open, where all the winds of heaven buffeted it. The fiber is tougher and more closely wrought than in a forest-grown tree. Adversity has been the blessing of the tree, as it were; just as the life which has not been too highly sheltered is fittest to serve its time. Difficult experiences are almost a sure sign that God is doing something special with one's life.

Place or Fitness?

There are more young persons who are looking for jobs today than are seeking work. From every quarter comes the cry that workers, of all kinds and degrees, are more interested in wages than in production. Quality has deteriorated in almost all lines of merchandise. This is because we court places rather than fitness. Now it is clear that God cares more for quality than for place, and for character than for reputation. Even more than He wanted David to be a king, the Lord wanted him to be a kingly man. He was supremely interested in the soul of David.

Unpopular as the truth may be today, it nevertheless is eternally true that it is better to be a big man in a small place than a small man in a big place. In other words, it is more worth while to be than to seem. I have known more than one great man of whom the big world never heard; and I have also known not a few tragic instances of little men occupying great positions, for which they were not fitted. This entire Lesson may be considered from the angle of the preparation of a spirit for a work. It represents the solicitude of heaven for quality first.

With the help of David's long, toilsome experience in making ready

conceit which is a sure mark of lack of real greatness. David in power proved himself as magnanimous as he had been when he spared the life of King Saul. He had won to a kingly character before ever he came to the throne. The quality of detachment, largeness of view, of greatness of spirit, came directly from his consciousness that his times were in the hands of Jehovah. He was sensibly in the keeping of God. His it was to wait the Lord's time, and to play the man meanwhile. He was a great king because he had learned obedience in a divine school. He became king over his people by first becoming king over his own spirit, and an obedient subject of the King of Kings.

## SEVEN SENTENCE SERMONS.

Clear writers, like clear fountains, do not seem so deep as they are; the turbid look the most profound.—Lardner.

If Christians like their Lord will be, All men will lose their doubts and see How real is Christianity.

What do they see in you and me? —Marianne Farnham.

More men are injured by having things made easy for them than by having their paths beset with difficulties.—Charles H. H. Parkhurst, D. D.

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.—Eph. 4:31.

God marks how long this human life shall be.

How grandly broad with reach of sympathy.

How high toward heaven its growth,—he leaves to thee! —Aldis Dunbar.

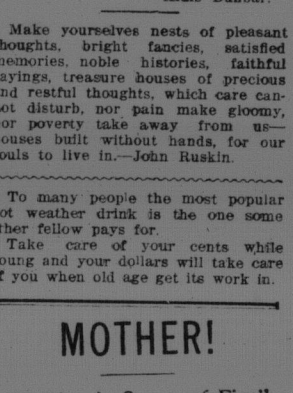
Make yourselves nests of pleasant thoughts, bright fancies, satisfied memories, noble histories, faithful sayings, treasure houses of precious and restful thoughts, which care cannot disturb, nor pain make gloomy, nor poverty take away from us—houses built without hands, for our souls to live in.—John Ruskin.

To many people the most popular hot weather drink is the one some other fellow pays for.

Take care of your cents while young and your dollars will take care of you when old age get its work in.

## MOTHER!

"California Syrup of Figs" Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California!"

## Special Rate

Full upper or lower set of teeth \$10.00

Fit guaranteed.

Guaranteed bridge work \$5.00 per tooth.

Painless Extraction 25c

Maritime Dental Parlors

38 Charlotte St.

Phone 2789-21.

Hours 9 a.m. to 9 p.m.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears

Signature of Dr. H. H. H. H.