' PAGE TWELVE

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FRIDAY, MAY 29, 1914

Secrets of Health

If You Swim

By Dr. L. K. HIRSHBERG

ming hole of boyhood's happy hours

has been found in these matter of

fact, bacteriological days to be not all

that it is cracked up to be. Like the old

oaken bucket that hangs in the typhoid

infected well and the cakes that mother

used to make, the swimming hole is

How many a time have you, like the

Two Foscari, cloven with arm still lus-

tier and breast more daring, the wave

all roughened at the swimmer's stroke?

hours, be she a swimmer or he only a

bather, has not pined for thirst amid

the sea of waves. Then comes the

thought, as you hatchet and chop the

green water, that, however near or far

one shore may be to another, the wave which now ripples across your moving

foot will soon be on the distant strand. To swim with discretion means never to venture in the earth-absent deptis when you are the slightest bit below par. You must neither dare the waters after a meal nor brave even the ripples

owne swimmers. "Cramps," as mus-ular contractions and spasms of the issues are termed, paralyze the most

lissues are termed, paralyze the most alert and skilful water nymphs, when

they appear. These usually assail the bold swimmer

when he is tired, overfed, underfed, overworked, shocked, or otherwise in want of a complete physiological bai-

long the side from stern to curved prow."

after the loss of a night's sleep. The slightest indisposition may mean trowning to the best and most venture-

Who in these lithesome, blithesome

nest of lurking microbes.

HEEREI

milder

by

beam, the spright

ly youth speeds to

the well known

pool. A while he

stands gazing at

the inverted land-

scape-half afraid

-to meditate the

lue below. Then

he plunges head-

The old swim-

long.

After Eating

DR. HIRSHBER

Beware Cramp

DAILY MAGAZINE PAGE FOR EVERYBODY

IF ONLY HE COULD MARRY ALL OF THEM!

By Michelson

Peter's Adventures In Matrimony By Leona Dalrymple Author of the new novel. "Diane the Green Van," awarded a prize \$10,000 by Hda M. Tarbell and S. McChure as judges.

The truth about "the girl in the distinguishes this new series by Miss Dalrymple. Her character studies will not affear unfamiliar to the ma-jority of readers, who will follow the fortunes of "Pcter" with interest.

Resting!



pretty high, I know, but we can econom LEONA DALRYMPLE ize some other way when I get home." If that isn't consistency for you! Not

when I get home. If that isn't consistency for you! Not once has Mary mentioned the extrava-gance of her summer at the lake, but she caimly speaks of economizing in the same breath with my railroad fare. I decided to go in spite of the ex-travagance, however, and departed one Friday to surprise her. She didn't ex-pect me until Saturday. After a railroad journey of considerable tediousness we arrived at a country station and pro-ceeded by rickety stage to a summer boarding house by the shore of a lake.

A Hotbed of Gossip.

A Hotbed of Gossip. I shan't forget my first glimpse of the rocking chair brigade on the porch. There they sat, files upon files of mel-ancholy women, rocking endlessly back and forth and fussing over the ridicu-lous fancy work with which women would dart hysterically from the piazza and rescue a squalling youngster on the ladies with somewhat masterful chins were squabbling fussily over bridge whist and peering with disappro-al at the younger women chatting noisily be-side them. Under an apple tree a wom-an in a hammock was reading a novel. Through the trees beyond I glimpsed several ot.'r elderly card groups and an in achair who seemed to be the victim of an alling toe by the malignant glances he shot in that direction. He was the only man in sight, and he was not at all only man in sight, and he was not at al happy. Of all hotbeds of petty gossip, com

Of all hotbeds of petty gossip, com-mend me to such a place as this! A summer hotel that caters to married people of mediocre mentality and me-dlum circumstances is the most deadly thing under heaven! It is calculated, I'm willing to wager, to increase ten-fold the petty failings of every woman there

there. How Mary could exchange our trim little country house for this squabbling wretched crowd of holiday-hunting mal-wretched crowd of holiday-hunting malints was more than I could under-Women lay much upon the altar I said as much to her at dinner.

I said as much to her at dinner. "It's very cool and healthful here," my little wife said firmly, "and I'm sur-prised to hear you speak so, Peter. I'm resting wonderfully. I feel ever so much better than when I came up here. And you can't imagine," she added with a vertele worthful neivete "how nice it is certain youthful naivete, "how nice it is to write to your out-of-town friends and been away all sum-

AK. no mistake, dear friends, he is no Mormon or aspirant for the dishonors of bigamy. He's just a plain, honest, likable chap whose sin is being in love with a great many lovely girls and not knowing just how to discriminate against all the others by asking one.

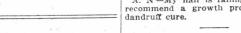
If only he could marry them ALL! If only that altar cushion might be indented by the whole delightful brood, all at once-anything to escape that that he's lucky if he gets that one to HAVE him.

Paper Dress Frolics for Children Minute Journeys

heart-twisting business of pushing all the other charmers away from any one. You see, he happens to know so many girls who LOOK just like brides; and here's JUNE coming and the blossoms and honeymoon time tables and heaven knows how many other inducements to bridal thoughts.

Such a young man needs sympathy-and good advice. He needs to be re-Answers to Health Questions minded that just ONE requires a whole lot of love and a whole lot of money, and

By TEMPLE MANNING



ance. "Children are we

of the restless sea.

In shifting chase,

Who shall behold it run?

Loosen the scalp with the tips of your

NO LONGER E FROM MI "MadWomen" Eva

FRIDAY, MAY

at King's Pala Smash Wind

Palace is to be no longe the window Smashing r fragettes. It leaked out last nigh

LONDON. May 29.

11 and 12 o'clock two ceeded in evading the the palace. Entering they began throwing windows and had sn them when the sentr and took them to the within the precincts where they gave their police. The master of hold refused to pros they were released after

> detention Cheer Annou 'At a meeting of cial and Political when Mrs. Mansell two women had su the audience burst several minutes. the Queen must treatment meted out fragettes was received of dessent

Mrs. Mansell str ainst the action of th Canterbury in to Miss Annie K the archbishop would peace until women Miss Barbara Wy raid on Buckingham "Red Thursday" more widespread seen. One tesult w that the women w and more determine chains, hold up thei down to neither the the King.

CAINSV

(From our own Mrs. James Dunn. latter part of last we of Mr. and Mrs. Daw Mrs. Hassard, of B ed to her home on T ing spent several day hler sister, Mrs. Dutte Dr. and Mrs. Raph holiday in Toronto. Miss Mary Teeple end at the home of 1 Ancaster. Rev. Mr. Roberts, Jarvis, was a guest at Mr. and Mrs. Wilson

Mr. and Mrs. Hartw

ford, spent the holida

of Mr. and Mrs. Dawd

The League will hol

Swelling in anger or sparkling in glee; We follow our race, ver the boundless ocean-space! Who hath beheld where the race begun? The waves are full of whispers wild and sweet; hey call to me-incessantly they beat

sary services on Sur Rev. Mr. Marshall, of preach in the mornin McClintock, of Alexa duct the evening ser assisted by Miss Hean and Mr. James Smit

week.

A. N-My hair is falling out. Please recommend a growth promoter and a dandruff cure.

fingers twice a day, simultaneously rubbing in this:

mer at the lake!'

Worse Than at Home.

The irascible old gentleman with the however, told me a difference of me

ter and I'll get away from Ann and go somewhere where there isn't any rest."



A good disposition is more valuable than gold; for the latter is the gift of fortune, but the former is the dower of nature.-Addison.

True bravery is shown by performing without witnesses what one might be without witnesses what one might be capable of doing before all the world.--Rochefoucauld.

Modesty is bred in self-reverence. Fine nners are the mantle of fair minds. one are truly great without this orna-nent.-A. B. Alcott.

A few drops of oil will set the political machine at work, when a ton of vinegar would only corrode the wheels and can-ker the movements.—Colton.

All deception in the course of life is in deed nothing else but a lie reduced to practice, and falsehood passing from words into things.—South.

It is the privilege of posterity to set matters right between those antagonists who, by their rivalry for greatness, di-vided a whole age.-Addison.

I never listen to calumnies, because, if they are untrue, I run the risk of being they are untrue, I run the risk of being deceived, and if they are true, of hating persons not worth thinking about.-Iontesquieu.

Let's take ... e instant by the forward for for we are old, and on our quickest decrees the inaudible and noiseless foot of time steals ere we can effect them.-Shukespeare.

CHILDREN, aping the grown- the fun it gives in the wearing she pretty. A sunflower design may be ups in their search for new will admit the preparation is no more worn either by girl or boy. Both skirt party sensations, love the troublesome than seeing to the proper and trousers are made of leaf green,

The traceble oid gentumnal with the first constraints of the paper follos. Many noveltic rest, and from its critical sense in the states in th

One of the Fancy Costumes Easily Copied.

name in the shape of a bee hive. This is surrounded by a circular mound of their staffs who met there is gross lazing is taken the full treatment be suspended in the air by fine black thread which does not show. The creams and jellies may be frozen in flower individual moulds, sandwithere scut in diamond and heart shapes, cakes frosted and marked like dominos, a big wasps' nest filled with shapes, cakes frosted and marked like dominos, a big wasps' nest filled with when the time comes, and little Marron, was the worst. We had to prize having little gray fibbons hang-ing out of the holes to burst it with when the time comes, and little Marron.

when the time comes, and little Mar-zipan peas, radishes and strawberries in tiny yellow market baskets for the bon-bons. Indeed, crepe paper is a boon for these affairs, for there is nothing to launder, and all the waste may be thrown out together, leaving only a few dishes from the serving for the maid to clear away. creeping pests came out gayly from thejumple banks to feast upon us.When you have travelled thus fordays and days you will appreciate athatched covering in a clearing and thepresence of a few cheerless savages. Imost certainly did; and the roastedmonkey, turtle eggs, wild pig, wild tur-key and small hard cakes, which passfor bread, were as delicious as any ban-quet in the centre of civilization.To show the prike of the natives, andexplain the prime reason why they will

maid to clear away.

Castor off. 2 ounces Where the Natives Seek Slavery Salicylic acid..... 10 grains Beta napthol..... Balsam Peru..... . 10 grains . 1/2 dram

Take two grains of thyroid gland three times a day fcr one week, then stop one week, and so alternate for two nonths. If palpitation, nervousness 'her disturbances appear do not take it.

. . .

MARY McL.-My head aches every morning, and I have fever with it. When I kneel down I feel as if my lead would come off, and after I stand head would come off, and after I stand up I feel as if I would fall down. I snore when asleep very loud. A thick phiegm comes in my throat and chokes me, and a bad feeling goes up my back to my head. I get short of breath when I go up two flights of stairs. Am 50 years old and have had seven children.

You need a good rest and relief from all responsibility. If your oldest chil-dren and others of your family will aldren and others of your family will al-low you a month or two away from them, and if you will expend much of the time in bed, eating green vegetables, fresh fruits and thinking only of pleas-ant things, taking purgatives daily, you will be quickly improved.

法

explain the prime reason why they will work so readily if their owners keep on

waid to clear away.
where Liberality Counts.
Where Liberality Counts.
Mrs Wabash—Don't you believe in the remains of a feast one evening when a huge copper-colored savage appeared. He was in process of taming, preparatory to being sent out to gather matter much if the husbands are liberal.
Not Wholly True.
"Is he a true poet?"
"I don't think so. His wife got a diwawa and grabbed mim."
One That Will Work.
"The has a new attachment on a's auto"
"To don't know. The sheriff put it on."
wais don't know.

Advice to Girls * ---- By Annie Laurie Dear Annie Laurie: There is a boy who lives near us whom I like very much. He has been told that I like him. And when-ever I see him I am so shy I don't know what to do. But what makes it worse is he doesn't care for me. What shall I do. How can I make him care for me? SWEET SIXTEEN. | very minute instead of mooning around thinking how beautiful it would the bell should ring and you should go to the door and he should stand th

to the door and he should stand there with a big bunch of roses and a box of candy and an engagement ring in his pocket, and couldn't wait until the door was shut before he clasped you in his atms? Oh, of course, you'll have to go through it; you can't escape it any more than you can escape the measles.

will furnish special m The following Monda At Home will be give ers. was solemized at Wel parsonage on Wedness when Rev. Mr. Hamil holy bonds of matrime King of Cainsville an berts of 182 Wellingte ford. The bride was at Ellen Brett and the gr Brabbs, both of Brantfe looked charming in a suit with hat to mate couple left on the 3.45 ton and points east, an turn will take up their Brantford. Cainsville congratulations and wi couple a long and pros Mrs. Bishop, accomp little daughter, of And guest of Mr. and Mrs. B Miss Libby Vanderlip spent the holiday with Rev. Mr. Morrow

morning service in church last Sabbath.

Woltz and Miss Winn ceived the rite of baptis they together with Miss inson, united in church Rev. Mr. Morrow chos propriate subject: Our present, past and futur The text was found in I 2. The address was a one, full of historical references to the maker Dominion Rev. Mr. Cook had evening service. His te in Matt. 11, 4 and 5, and was very much enjoyed sent. Miss Sudbury, of Brathe holiday at the home Mrs. Mayes. Mr. Will Dawdy and

ley, of Pine Grave, were former's father's on Sur 'Mr. and Mrs. Avery s day in Hamilton. Mr. George Woltz, of is spending a few weeks ents, after having course at the college Mr. Mahlon Wilson visited at the home of h Wilson, on Tuesday. Mr. and Mrs. Arthur celebrated the twenty-f

sary of their marriage