

THE TIMES-STAR FEATURE PAGE

Fables On Health

REST FOR THE HEART.

THE heart must be able to respond to a call for more work. An automobile, when rolling along on level streets, requires much less power than when climbing a hill.

While sleeping, the heart should be able to throttle itself down, because the necessity for power to force the blood through the body is diminished when the body is at rest.

But when one gets out of bed and runs to catch a street car, the heart must be able to respond, and if it is in good condition, it will do so.

It has been estimated that the heart on almost instantaneous notice can perform 13 times the amount of work which it puts forth while the body is at rest.

Many commonly think of the heart as an "unresisting organ."

LITTLE JOE

AFTER ALL, IT'S THE WELL-SHOCKED PIPE THAT TAKES THE CAKE



This is not strictly a correct conception.

Following every contraction there is a short period of relaxation.

This is the heart's resting period, and during this period the heart muscles take from the blood, upon which the heart lives, and give up to the blood the carbon dioxide and waste products which have been made during its period of contraction.

Adventures of the Twins

BY OLIVE ROBERTS BARTON.

THE EASTER BUNNY WAKES UP.

"Now that Jack Frost has been scared away," said the March Hare, "we must get down to business. There is a lot to be done."

"What?" asked Nick curiously.

"Well," said the hare, "I have a cousin called the Easter Bunny who has to be told a thing or two. He never seems to know that spring is here until I tell him. Besides he may need help."

"May we help him?" cried Nancy.

"We'll see, we'll see," said the March Hare. "Get on my back, both of you, and we'll be off."

To the Twins hopped on and the March Hare went loppity, loppity, off to the Easter Bunny's house.

Outside it looked like any other rabbit house, a little door under some tree roots.

But inside! Why inside it was a—

But goodness! I'm going too fast. Nobody was inside yet.

The Twins got off and knocked loudly as the March Hare said to do.

Then they heard a loud yawn and a sort of scraping noise and after a long while the door opened and there stood the Easter Bunny in his pajamas and night-cap.

FLAPPER FANNY SAYS



A PESSIMIST is a man who first asks a girl if he can kiss her.

and looking around. "Spring's here, is it, and me not dressed. The very ideal! Ha, ha, ha! Ho, ho, ho! You made a mistake, cousin. A million little boys and girls are going to be sick, you mean, if I do get busy and—"

"Talk! Talk! Too much talk!" declared the March Hare crossly. "Do you need help? We can all stay and pitch in if you like."

"Never can have too much help," said the Easter Bunny stepping aside to let the visitors in. "I'll go now and get dressed."

And now it is time to tell you what the Easter Bunny's house looked like inside.

It looked like a candy store, and a basket factory, and a few other things besides. Barrels of green dried grass for the baskets, and yellow chicks and downy ducklings and maple sugar rabbits, and big chocolate eggs and little chocolate eggs and sugar eggs with scenes inside—and everything.

But before the Twins had time to see it all, the Easter Bunny was back as quick as a new pin, with a brand new red satin necktie. I don't mean a pin with a new tie. The Easter Bunny had it on.

"This stuff must be stale if it's left over from last year," said the March Hare.

"It isn't," said the Easter Bunny. "It's all as fresh as new milk."

"How can it be fresh when you were sound asleep?" asked the March Hare in surprise.

"I wasn't asleep at all," laughed the other. "I just fooled you. You come around here every year as cross as two sticks. No wonder they say 'As mad as a March Hare!' Everything is ready for the Easter baskets because I have been working for weeks."

"May we help to fix the baskets then?" asked the Twins.

"You certainly may," said the Easter Bunny.

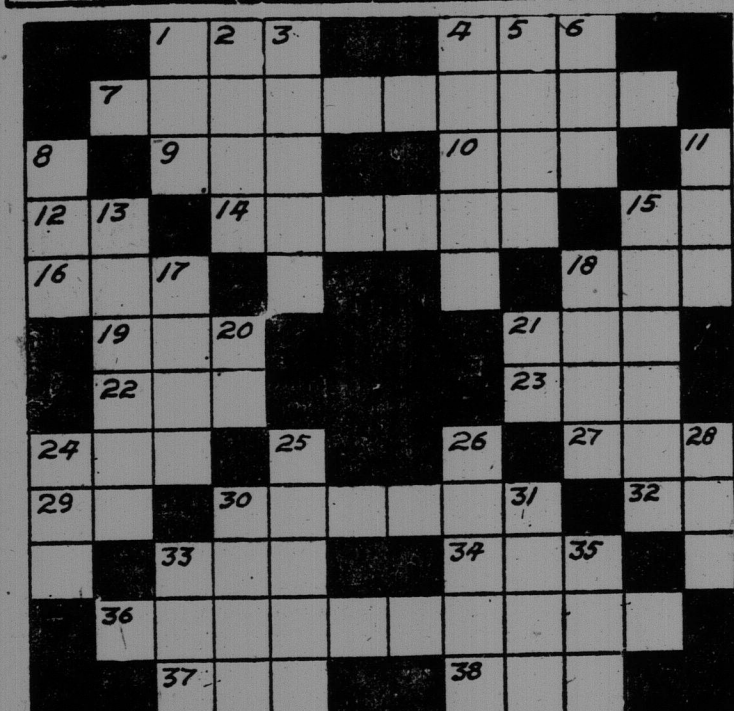
So this story ends happily after all. (To Be Continued.)

Flower Blooms In Dark



THIS new Paris dress won't do for the flapper who is not adverse to "a kiss in the dark." A large phosphorescent flower, just below the waistline, is its only decoration.

Cross-Word Puzzle



- HORIZONTAL.**
- 1—To utter.
 - 4—Bustle.
 - 5—Puzzling.
 - 6—Sailor.
 - 10—Wrath.
 - 11—A country (ab.).
 - 12—Official character in "Dickens."
 - 15—Citizens.
 - 16—Action.
 - 18—Adapted.
 - 19—Direct.
 - 21—Workers.
 - 22—Perceive.
 - 23—Notwithstanding.
 - 24—Long and slender.
 - 27—Pet name.
 - 28—Indefinite article.
 - 30—Refers to liquor.
 - 32—Concerning.
 - 33—Watery vapor.
 - 34—Used by bricklayers.
 - 36—Unfortunate.
 - 37—Fish.
 - 38—To supply little by little.
- VERTICAL.**
- 1—To fix.
 - 2—Native of Arabia.
 - 3—Towns in Belgium.
 - 4—Pertaining to the axle.
 - 5—Dreadful.
 - 8—Not two.
 - 9—Young dog.
 - 11—For catching fish.
 - 12—A time of year.
 - 13—Cold.
 - 14—Spotted.
 - 17—Extremities.
 - 18—Possessive pronoun.
 - 20—Moved quickly.
 - 22—To lead.
 - 23—A pigment.
 - 25—Home of thieves.
 - 26—Ladies' wear.
 - 31—Bent metal.
 - 32—Denoting contempt.
 - 35—Owed.

THE OLD HOME TOWN—

By STANLEY



BEFORE IT BECAME GENERALLY KNOWN THAT OTEY WALKER WAS BACK AS THE TOWN MARSHAL HE WAS RUN DOWN IN A TRAFFIC JAM ON MAIN STREET TODAY

In the Night

is when sickness always threatens most. But with a bottle of

Johnson's Liniment

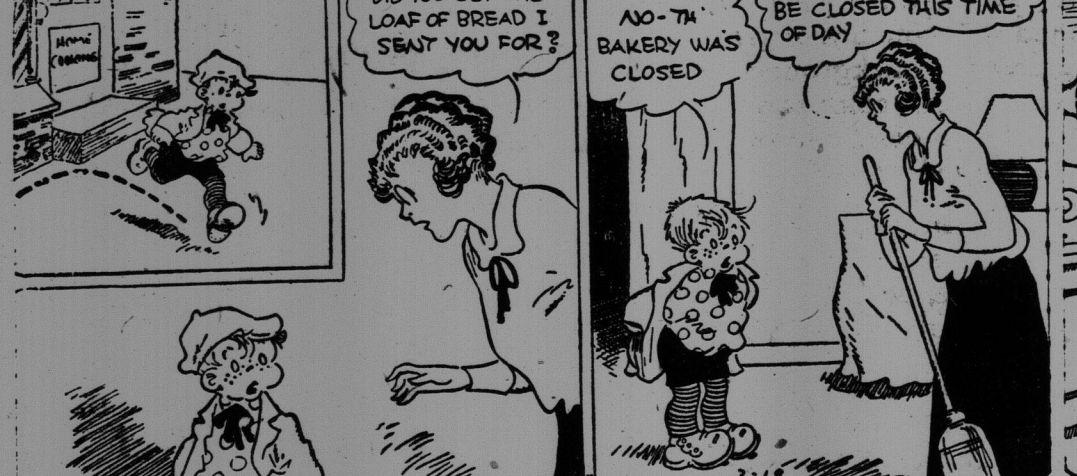
night dangers from coughs, colds, sore throat, cramps, chills, etc., are quickly stopped. A doctor's prescription for internal and external use that has been protecting the family loved ones since 1810. At all dealers. 25 and 50 cents.

HEART WAS WEAK NERVE ALL GONE

Mrs. J. H. Hallenbeck, 117-122 Westland Avenue, St. Catharines, Ont., writes:—"I was in a gas explosion; it left me with a weak heart, and my nerves were all gone. I suffered everything; couldn't sleep, or endure any excitement, and when left alone I felt as if I could scream. I took dizzy spells, often falling and bruising myself. My mother read about your Milburn's Heart and Nerve Pills, and bought me a box, but having taken so many different kinds of medicine I just assumed that I did not have any confidence in any of them. I took one box of H. & N. Pills, and felt so much better I continued with them until I had used five boxes, and after I had taken them I found I did not need any more. I cannot praise, or recommend, Milburn's Heart and Nerve Pills too highly after all they have done for me."

Put up only by The T. Milburn Co., Limited, Toronto, Ont.

FRECKLES AND HIS FRIENDS SO HE CAME RIGHT BACK!



By BLOSSER

BOOTS AND HER BUDDIES THE LIFE OF THE PARTY



By MARTIN

SALESMAN SAM NO SALE



By SWAN



FOR NEURITIS

ASPIRIN

Proved safe by millions and prescribed by physicians for

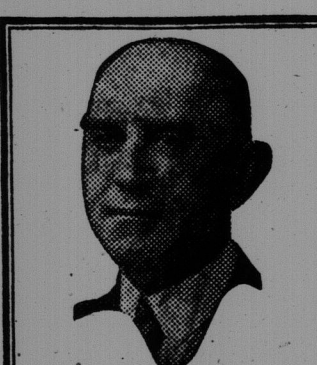
Neuritis Colds
Neuralgia Headache
Lumbago Toothache
Rheumatism Pain

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocrotic-acid of Salicylic acid (Acetyl Salicylic acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Start the Winning Fight Today

Do you get up in the morning, still tired and worn out? Do you suffer from indigestion and gas on your stomach? Do you ache all over, complain of rheumatism?



Brought Back Old-Time Vigor

"I had lost weight steadily until I was a mere shadow of my former self. Then I turned to Tanlac. It built me up rapidly; put rich blood in my veins and brought back my old-time strength and vigor."

E. Walter Tripp
264 Simpson St.
Atlanta, Ga.

What you need to pep you up and win back your lost strength and energy is a natural tonic and builder like Tanlac. Millions of men and women have been helped back to health by this marvelous remedy. Our files are filled with enthusiastic letters of thanks.

By the famous Tanlac formula, Tanlac is a compound of roots, barks and herbs gathered from the four corners of the earth. It has a way of getting right down to the seat of trouble without delay. It revitalizes the blood, rejuvenates the stomach, adds pounds of needed weight and brings the flush of health back to faded cheeks.

Don't you let your system run down if you will only enlist Tanlac any farther downhill. You, too, lac in the battle. Get a bottle at can win the hard fight against your druggist's now. Start the sickness that is dragging you winning fight today!

TAKE TANLAC VEGETABLE PILLS FOR CONSTIPATION

TANLAC
FOR YOUR HEALTH