

Why Cough Your Head Off?

Half measures are risky in treating coughs or colds. Be sure of relief by taking Dr. Wood's Norway Pine Syrup. The healing ingredients of this well known remedy penetrate inflamed tissues in the throat and bronchial tubes and break up germ-laden phlegm, gently and safely. Children take it willingly. No after-effects.

STRIKES at the ROOT of COLDs and COUGHS

PEACE TREATIES DO NOT END WARS, THEY JUST PUNCTUATE THEM

The Situation Does Not Warrant the Fever Heat That Has Been Aroused.

In the common belief of mankind, power. And in the present illustration, every signatory of the Treaty of Versailles must share some responsibility. What the world has to do today is to prevent the fear and hate and greed that tainted the truce of 1919 from becoming accentuated again until they have to be crystallized in another "peace" treaty. We must avoid trying to make peace out of a war. We must make peace in time of peace. To do that we must cast out the fear that obsesses the victors in the World War. For that the surest method is to remove the resentment of the vanquished; to make a more magnanimous settlement than was possible, when hates had been inflamed by conflict.

Actually the situation does not warrant the fever of fear that has been aroused. Germany has no desire to start a war. In a military sense the security of those who fear Germany is greater today than it was a year ago. The Austrian tinder box has been damped if not removed. France has again brought to her side in more or less binding alliance, Britain, Russia and Italy. And these former allies have all enlarged their military machines. A ring of steel has been forged around Germany.

Moreover, the present announcement does not in itself increase Germany's power. The conscription proclamation only regularizes methods of developing that power. Nor does Berlin's move destroy any protection the peace treaties were supposed to afford. The guarantees they contained rested almost solely on the power and willingness of the former allies to enforce them. They had small basis in justice and their moral sanctions were largely lost when those who imposed disarmament on Germany failed to carry out their own promises to disarm.

The Versailles arrangements did not make peace; they crystallized wartime hates. That is the history of treaties to end wars. The Treaty of Utrecht, signed in 1713, sought to right the balance upset by Louis XIV and give Europe a new basis of peace. It only evoked more conflicts. A century later at the Congress of Vienna, the powers that had thwarted Napoleon declared they were making "an enduring peace founded on a just redistribution of political forces".

But fear and greed and hate really made that peace conference an agreement among conquerors to divide the spoil of the conquered. About that treaty, Mr. Allison Phillips, the English historian, wrote before the World War:

From this moral and political obliquity of vision, doubtless, it comes that Europe, instead of finding a permanent settlement on a foundation as firm as far sighted and disinterested statesmanship could make it, has for nigh on a century, amid wars and rumors of war, been destroying piecemeal the political edifice which at Vienna monarchs and ministers patched together.

The Treaty of Versailles was better than that in some respects. But in its attempt to keep Germany a subject nation it was at least as foolish as anything done by the benighted Congress of Vienna. It was Bismarck who said, "All contracts between great states cease to be unconditionally binding as soon as they are tested by the struggle for existence". That is not a German concept. It has been exemplified in some measure and at some time by every major

Bernice Claire, featured with Frank Munn on "Lavender and Old Lace," and "Waltz Time," over NBC, finds that radio is about one fourth as difficult as stage work, because there are no encores. Miss Claire when appearing on the stage averages three encores to a song.

Sigmund Romberg, noted composer and musical director, heard over the NBC red network every Saturday at 9 p.m., A.S.T., has leased a lodge in the Adirondack Mountains where he will complete two musicals for Fall presentation and write the score for an M.G.M. feature length picture. Romberg's last musical picture was "The Night is Young."

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Of Interest to Women

THERE'S 'FLU IN THE AIR

Wise Precautions and Prompt Treatment Is Necessary to Keep You From This Disabling Affliction.

There are still many illnesses the causes of which remain unknown, writes a doctor. Throughout the world research is going on day after day in the hope that the cause and cure of these conditions may be discovered. One of these is influenza. But, although its actual cause remains a secret, there is now not the slightest doubt that it is due to a germ which is too small to be seen. It is so tiny that it can pass through a close filter which would stop the passages of many organisms.

Experiments have so far progressed that it is now only a matter of time for it to be possible to isolate this germ and probably produce an antidote. Meanwhile, we can only do

what we can to prevent this disabling infection from leading to complications and to cut short its attacks as soon as we are able.

In the first place it is well to remember that influenza is infectious. It can be passed from one individual to another. Anything which tends to lower the powers of resistance makes it easier for infection to take place. Two factors seem to be worth considering; the first of these is fear. Although, at this season of the year there are usually in the air seeds of influenza, it is asking for trouble to go about in fear of catching it. When you are afraid, your general health suffers and you are less likely to resist infection. There is little to be afraid of if you do catch it. Provided treatment is prompt and your general health is good you stand an excellent chance of making an uninterrupted recovery. The second factor again concerns these same powers of resistance which are definitely lowered by the bad habit some people have acquired of setting out in the cold mornings of winter without any breakfast.

Late nights, hot stuffy atmosphere and fatigue also lower resistance.—Port Elgin Times, Ontario.

THE WISDOM OF LENTEN MEALS

(By Barbara B. Brooks)

Just as the "groaning board" of bygone feasts is now permitted no more than a sigh under the burden of a modern banquet or company dinner, so have the rigors of mediaeval fasting been moderated as time goes on.

It is not so much a change of heart as of environment which lessens the traditional abstinence of Lent. Until very recently, the omission of meat reduced the diet to a fasting basis. Today we eat much less meat than formerly and more of the foods which are not prohibited. Lenten meals are no longer meagre, and we can observe the restrictions without sacrificing the essentials for good nutrition as we have come to know them.

For those who seek a strengthening of the spirit by sacrificing some of the pleasures of eating, it is possible to simplify meals by omitting the frills and extras which are unnecessary nutritionally. The lover of rich desserts and sauces, and of elaborate cooking will be benefitted both spiritually and physically by abstinence which reduces meals to fruits, vegetables, milk, cereals, eggs and cheese, done in the way of 'good, plain cooks.' This is the wisdom of the forty days of Lenten fasting.

Mr. Buchan's net conclusion is that no one can manage a business like the man whose business it is.



"Watch My Smoke,"

— said Mr. PICOBAC.

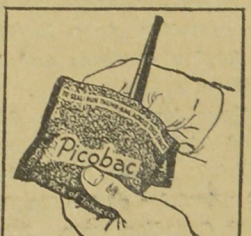
Having partaken of a hearty breakfast, Mr. Picobac—his pipe filled, lighted and drawing to his complete satisfaction—stood on the threshold of a new day ready now to face the world.

"There's no use talking", declared he, bidding his wife a fond farewell till noon. "This Picobac is a wonderful comfort to any man who smokes a pipe".

He paused to blow a blue cloud of fragrant smoke into the frosty air, and relish the Picobac flavour.

"Take me," continued he. "I don't know where I'll be today. I may be out in the cold wind. Or I may be jammed up against a stove some place. But don't you worry. I've got my pipe. I've got a new Seal-Tight Pouch of Picobac in my pocket. I'll be all right wherever I go, whatever the conditions. Just you watch my smoke".

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